BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

16-22 AUGUST 2025

TV & Satellite week

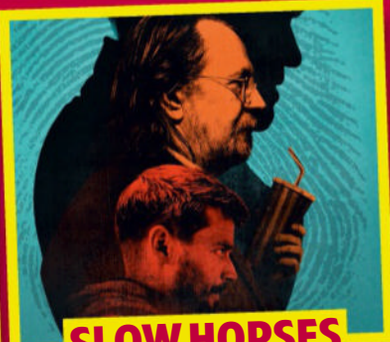
EXCLUSIVE

AUTUMN PREVIEW

King & Conqueror leads our essential guide to the best new-season shows

PLUS THESE TOP DRAMAS!

ONLY MURDERS IN THE BUILDING



SLOW HORSES

THE HACK

RIOT WOMEN

HotList This week's 28

Saturday 16

Premier League
***FOOTBALL** TNT Sports 1 & Sky Sports*
The first Saturday of the new season sees Aston Villa host Newcastle (k-o 12.30pm, TNT Sports 1). Later, it's Wolves v Manchester City (k-o 5.30pm, Sky Sports Main Event & Sky Sports Premier League).

24 Hours: The Japanese Surrender
***DOCUMENTARY** C4, 8.10pm*
An exploration of Japan's reluctance to surrender to the Allies in World War Two, and how an end to the fighting in the Pacific came about. *See Documentaries, p20*

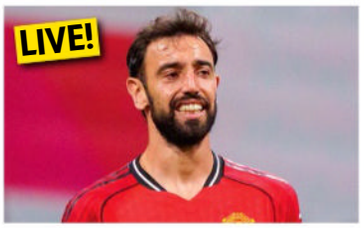
One Night
***DRAMA** ITV1, 9.30pm (box set, ITVX)*
Jodie Whittaker stars in this Australian drama as a woman who has to relive a traumatic event from her past when one of her friends writes a book based on it.
• ***Previously shown on Paramount+***

Match of the Day
***FOOTBALL** BBC1, 10.20pm*
The long-running football-highlights show begins its post-Gary Lineker life. Kelly Cates, Mark Chapman and Gabby Logan are the new hosts. Sunday's edition is on at 10.30pm. *See feature, page 11*

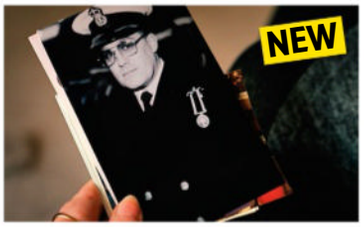
■ Full listings start on **p35**

Sunday 17

The Hunt for Shannon Matthews
***DOCUMENTARY** Prime Video*
The story of the 2008 case in which the nine-year-old girl was reported missing from Dewsbury, West Yorkshire, triggering a high-profile police investigation.



Premier League
***FOOTBALL** Sky Sports Main Event, Sky Sports Premier League & Sky Sports+*
On a packed Sunday, Chelsea take on Crystal Palace (k-o 2pm), Nottingham Forest play Brentford (k-o 2pm), and Man United face Arsenal (k-o 4.30pm).



Murder Case: The Vanishing Cyclist
***DOCUMENTARY** BBC2, 9pm (times vary) (box set, BBC iPlayer)*
Looking at the disappearance of former Navy officer Tony Parsons, who vanished while on a charity bike ride in 2017.

The Only Way Is Essex
***REALITY** ITV2, 9pm*
The *TOWIE* gang celebrate the show's 15th anniversary with a trip to Portugal. Rumour has it that some former *TOWIE* favourites may be making special appearances. Continues tomorrow.

■ Full listings start on **p45**

Monday 18

The Real Housewives of London
***REALITY** Hayu*
The global reality series, which started with *The Real Housewives of Orange County* in 2006, lands in London, with six socialites creating the real-life drama.

The Brokenwood Mysteries
***CRIME DRAMA** U&Drama, 8pm*
The New Zealand cops return for Season 11. The series kicks off with the team investigating after a reunion gig by a 1980s band is marred by the death of one of their fans.

Matthew Perry: A Hollywood Tragedy
***DOCUMENTARY** ITV1, 9pm*
Looking at the *Friends* actor's rise to fame, and his career in the limelight before his tragic death as a result of the effects of ketamine use at the age of 54 in 2023.

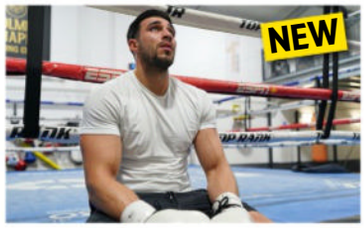
Confessions of a Brain Surgeon
***DOCUMENTARY** BBC2, 9pm*
Pioneering brain surgeon Henry Marsh reflects on his career and some of his most difficult cases as well as how he felt about becoming a patient himself.

■ Full listings start on **p55**

Tuesday 19

America's Team: The Gambler and His Cowboys
***DOCUMENTARY** Netflix*
Docuseries about the fortunes of NFL team Dallas Cowboys since they were purchased by US billionaire businessman Jerry Jones (above) in 1989.

US Open
***TENNIS** Sky Sports Main Event & Sky Sports Tennis, from 4pm*
A new mixed-doubles competition starts in NYC – Emma Raducanu (above) and Carlos Alcaraz are just one of 16 duos confirmed to be playing. Concludes tomorrow.



Tommy: The Good. The Bad. The Fury
***REALITY** BBC3, 9pm & 9.30pm (box set, BBC iPlayer)*
Cameras follow reality star Tommy Fury as he makes his return to the boxing ring *See Documentaries, page 21*

History's Most Shocking
***DOCUMENTARY** Sky History, 9pm*
New series examining some of the most alarming moments ever captured on camera, including an alligator attack on its handler, a collision at an air show in Dallas and even an exploding whale.

■ Full listings start on **p65**

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best shows

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Wednesday 20

The Twisted Tale of Amanda Knox

DRAMA Disney+

Grace Van Patten stars as Amanda Knox in this series chronicling the US student's conviction and subsequent acquittal for murder. *See Your Watchlist, page 14*

The Darkness

CRIME DRAMA Channel 4 Streaming

A six-parter set in Iceland. Lena Olin's cop is approaching retirement and the discovery of the body in a glacier provides her with one final case. Douglas Henshall co-stars. *See Your Watchlist, page 16*

The Map That Leads to You

DRAMA Prime Video

Madelyn Cline stars as Heather, who is fresh out of college and travelling through Europe, where she meets Jack (KJ Apa) on an overnight train.

Mudtown

DRAMA U&Alibi, 9pm (box set, Sky Box Sets, Virgin TV Box Sets & NOW)

Drama about a magistrate who is tested when a case puts her family at risk. *See feature, p12*

• ***Previously shown in Welsh as Ar y Ffin on S4C & BBC iPlayer***

■ Full listings start on **p75**

Thursday 21

Hostage

THRILLER Netflix

A controversial summit meeting between the British Prime Minister (Suranne Jones) and her French counterpart (Julie Delpy) is interrupted when the PM's husband is kidnapped. *See feature, page 8*

In Flight

THRILLER C4, 9pm

One way or another, Jo's ordeal comes to an end tonight, as the desperate mum finally learns what really happened with Sonny in Bulgaria. The question remains, can Cormac be trusted? Katherine Kelly stars.

Football's Financial Shame: The Story of the V11

DOCUMENTARY BBC2, 9pm

This film examines one of the biggest scandals of the Premier League – when 11 players were exploited by con men working at the heart of the game.

In the Eye of the Storm

DOCUMENTARY Discovery Channel, 9pm

This episode of the series that features first-hand accounts and footage of huge storms sees witnesses relive their experiences of the destructive tornadoes that swept across Texas in 2024.

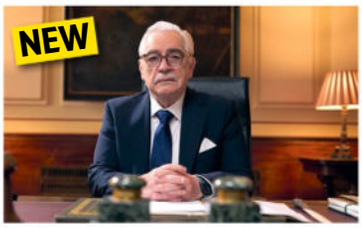
■ Full listings start on **p85**

Friday 22

Invasion

SCI-FI Apple TV+

Season 3 of the sci-fi drama begins with the central characters being brought together for the first time – and working as a group to save humankind following the alien invasion. *See Your Watchlist, p17*



007: Road to a Million

REALITY Prime Video

Eight teams of two are presented with a series of James Bond-inspired challenges in a worldwide race to win £1 m – under the watchful eye of Brian Cox's rule-setting Controller. *See Your Watchlist, page 16*

Women's Rugby World Cup

RUGBY UNION BBC1, k-o 7.30pm

The Red Roses kick off the tournament with their opening group game against the USA, which takes place at Sunderland's Stadium of Light. *See Sport Week, page 28*

Peacemaker

SUPERHERO DRAMA Sky Max & Sky Showcase, 10pm

John Cena returns as vigilante Peacemaker in Season 2 of the superhero drama, and this time he's discovered an alternate world... *See feature, page 12*

■ Full listings start on **p95**

16-22 AUGUST 2025

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RIOT WOMEN

BBC1

Written and co-directed by *Happy Valley* creator Sally Wainwright, this six-parter centres on a group of fiery Yorkshirewomen who form a punk-rock band. But as their musical endeavours give them a new lease of life, a revelation causes ructions... Rosalie Craig (above, centre), Amelia Bullmore, Joanna Scanlan and Tamsin Greig head the cast.

WORDS: CAREN CLARK, IAN MACEWAN, REBECCA MAHONEY
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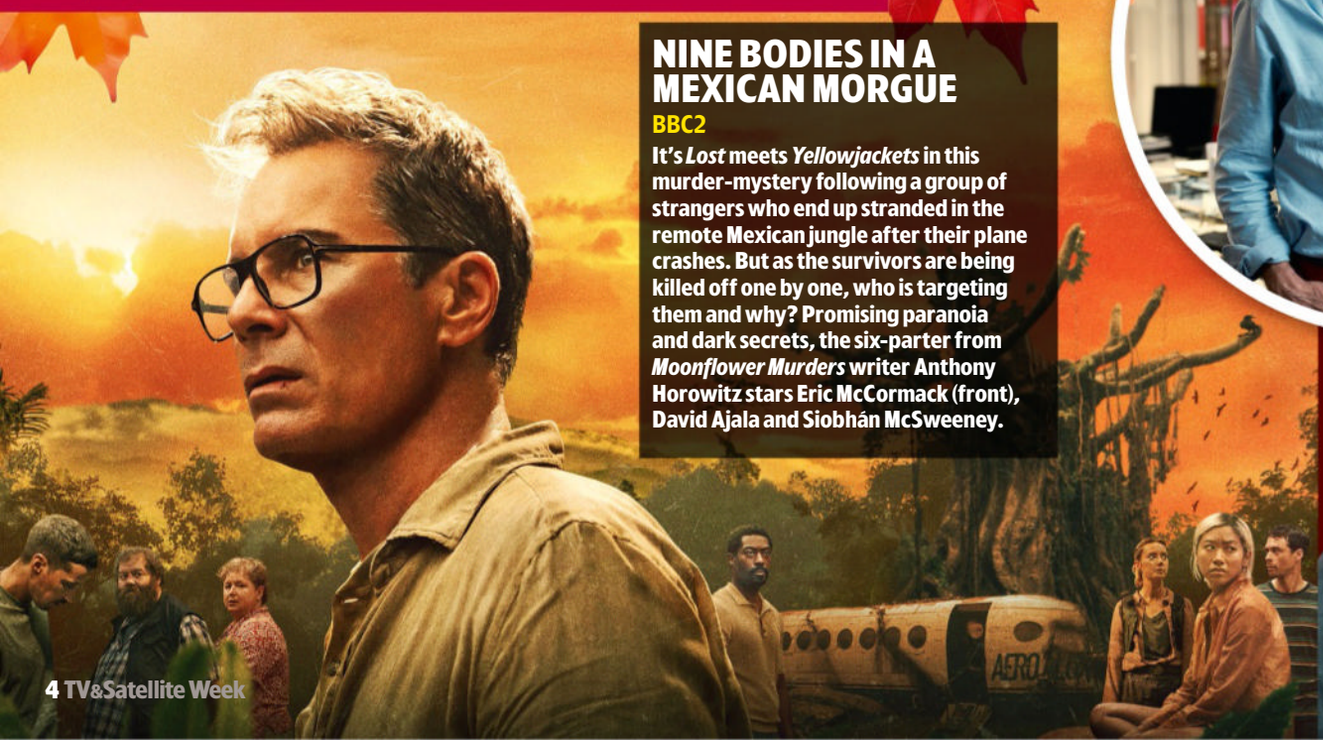
KING & CONQUEROR

BBC1

This eight-episode historical drama depicts the clash between Anglo-Saxon ruler Harold, Earl of Wessex (James Norton, far right), and William, Duke of Normandy (Nikolaj Coster-Waldau, right). The series charts events running up to 1066's decisive Battle of Hastings, which marked the beginning of the Norman Conquest. Emily Beecham and Clémence Poésy play Harold and William's respective wives, Edith and Matilda.

25 of the best dramas and comedies to brighten your autumn...

New Season preview



NINE BODIES IN A MEXICAN MORGUE

BBC2

It's *Lost* meets *Yellowjackets* in this murder-mystery following a group of strangers who end up stranded in the remote Mexican jungle after their plane crashes. But as the survivors are being killed off one by one, who is targeting them and why? Promising paranoia and dark secrets, the six-parter from *Moonflower Murders* writer Anthony Horowitz stars Eric McCormack (front), David Ajala and Siobhán McSweeney.

TASK Sky Atlantic

Mark Ruffalo (above, left) leads this gritty crime drama as FBI agent Tom, who helms a task force dedicated to foiling a string of home invasions in Philadelphia. *Ozark*'s Tom Pelphrey plays the seemingly ordinary family man behind the crimes, plus *House of the Dragon*'s Fabien Frankel (above, right) stars in the seven-parter from the creator of *Mare of Easttown*.

BLACK RABBIT

Netflix

Jude Law (above, right) stars as Jake Friedkin, the charismatic co-founder of a New York restaurant that's set to become the hottest dining spot in Manhattan. But when his screw-up brother Vince, played by Jason Bateman (above, left), returns to the business, trouble soon follows. Will past traumas and new dangers threaten to bring down everything they have built?

THE HACK ITV1

Penned by Jack Thorne (*Adolescence*), this seven-part drama, set between 2002 and 2012, explores the ripple effect of the real-life newspaper phone-hacking scandal. David Tennant (left) plays journalist Nick Davies, whose research into suspected hacking is intertwined with the story of cop Dave Cook (Robert Carlyle), who looks into the 1987 unsolved murder of private investigator Daniel Morgan.

THE SAVANT

Apple TV+

Oscar-winner Jessica Chastain (left) takes the lead in a tense eight-parter, inspired by a real-life story, that follows an undercover investigator known as 'The Savant' as she infiltrates online hate groups in a bid to thwart a range of domestic extremists before they wreak death and destruction on the US.

THE THURSDAY MURDER CLUB Netflix

The movie adaptation of Richard Osman's 2020 novel boasts a killer cast as four pensioners turned amateur sleuths create cosy chaos in their retirement village. One-time spy Elizabeth (Dame Helen Mirren), former union activist Ron (Pierce Brosnan), retired psychiatrist Ibrahim (Sir Ben Kingsley) and ex-nurse Joyce (Celia Imrie) meet weekly to discuss cold cases. But when a murder occurs on their doorstep, the quirky quartet (below) become embroiled in a real whodunnit. David Tennant, Naomi Ackie and Tom Ellis also star.

UPCOMING COMEDIES

HOW ARE YOU? IT'S ALAN (PARTRIDGE)

BBC1

Steve Coogan (right) reprises his role as Britain's most cringe-worthy broadcaster in a six-part mockumentary that follows Alan as he returns home from a year working in Saudi Arabia and embarks on a mission to explore what makes Brits tick.

MITCHELL AND WEBB ARE NOT HELPING

C4

Comedy duo Robert Webb and David Mitchell (both pictured) team up with rising talent in a new six-part sketch series. Look out for Lara Ricote and Stevie Martin, plus *Ghosts* star Kiell Smith-Bynoe.

THE PAPER

Sky Max

With Stephen Merchant and Ricky Gervais serving as executive producers, this 10-part follow-up to the US version of mockumentary *The Office* sees a film crew follow life at a newspaper in the American Midwest as its publisher Ned (Domhnall Gleeson, inset) tries to reverse its ailing fortunes.

CHAD POWERS

Disney+

Glen Powell (right) plays a disgraced quarterback who reinvents himself to join a college football team and revive his career. Steve Zahn also stars in the eight-part comedy.

Turn the page for more brilliant shows

New Season preview

RETURNING FAVOURITES

SLOW HORSES

Apple TV+

Gary Oldman's Jackson Lamb (left) and the other Slough House spies are back for a fifth season when they are called into action after London is rocked by a series of random events.

STRANGER THINGS

Netflix

Released in three parts, the final season revisits the gang in Hawkins, Indiana, as they prepare for a showdown with Vecna, while the military chases Eleven (Millie Bobby Brown, inset).

ONLY MURDERS IN THE BUILDING

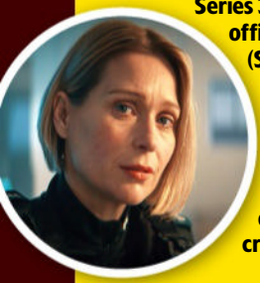
Disney+

After the Arconia's doorman Lester died at the end of the last run, Charles (Steve Martin), Oliver (Martin Short, left) and Mabel (Selena Gomez) investigate foul play in Season 5.

BLUE LIGHTS

BBC1

Michael Smiley (*Bad Sisters*) joins the BAFTA-winning drama for Series 3, as response officer Grace (Sian Brooke, left) and her team confront a new global gang that is controlling organised crime in Belfast.



THE FORSYTES 5

John Galsworthy's novels about a wealthy Victorian family have previously been adapted for TV in 1967 and 2002, and this new six-part saga, penned by Debbie Horsfield (*Poldark*), features a cast led by Joshua Orpin as possessive Soames Forsyte and Millie Gibson (pictured with Orpin) as his wife Irene. The line-up also includes Susan Hampshire, who was in the 1960s BBC2 series.

I FOUGHT THE LAW

ITV1

Sheridan Smith (right) stars in a four-part series inspired by the true story of Ann Ming, whose daughter, Julie Hogg, was murdered in 1989. Ming embarked on a long campaign to change the 800-year-old double-jeopardy law – which prevented someone from being tried again for the same crime after they had been acquitted or convicted – so that Hogg's murderer could face justice.

MALICE

Prime Video

A sun-soaked six-part thriller set in London and Greece stars Jack Whitehall (second from left) as seemingly charming 'manny' Adam, who bags a job with the wealthy Tanner family, led by Jamie (David Duchovny, centre) and Nat (Carice van Houten, far left), as part of his mission to destroy their lives. But why does Adam hate the Tanners so much?

DOWN CEMETERY ROAD

Apple TV+

Adapted from the 2003 novel of the same name by Mick Herron (*Slow Horses*), this eight-episode thriller stars Ruth Wilson as Sarah Tucker, who asks private eye Zoë Boehm (Dame Emma Thompson, pictured with Wilson) to help find a neighbourhood child she suspects has vanished following an explosion in an Oxford suburb. But a complex conspiracy unfolds...

ALL'S FAIR

Disney+

Niecy Nash, Glenn Close, Kim Kardashian, Teyana Taylor, Naomi Watts and Sarah Paulson (left to right) are among the A-list cast for this ultra-glossy legal drama set in Los Angeles and created by Ryan Murphy (*Glee*). It follows a group of female divorce lawyers who leave a male-dominated firm to open their own powerhouse practice, representing only women.

WORDS: CAREN CLARK; IAN MACEWAN, REBECCA MAHONEY; PHOTOS: 5, APPLE TV+, ITV, MOODDAM/ STOCK.ADOBE.COM, NETFLIX, PRIME VIDEO, SKY, ©2025 DISNEY & ITS RELATED ENTITIES, HBO, BBC

THE IRIS AFFAIR

Sky Atlantic

From the creator of *Luther*, this thriller follows genius code cracker Iris Nixon (Niamh Algar, left), whose online puzzle-solving skills lead her to Florence and a job offer from entrepreneur Cameron Beck (Tom Hollander, inset). But when Iris steals top-secret information and goes on the run, a deadly chase unfolds across Italy.

THE LAST FRONTIER

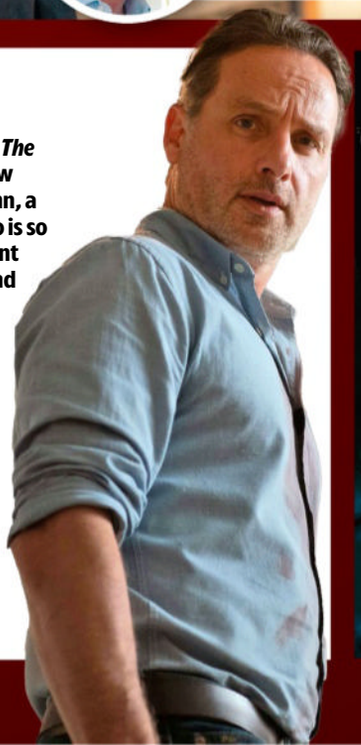
Apple TV+

From the team behind *The Blacklist*, this 10-part thriller plunges viewers into the icy Alaskan wilderness as a prison-transport plane crashes, unleashing dozens of violent offenders. But as a lone US Marshal, Frank Remnick (Jason Clarke, right), races to protect the nearby town, is the crash part of a larger, more elaborate plan?

COLDWATER

ITV1

A six-part thriller sees *The Walking Dead*'s Andrew Lincoln (right) play John, a stay-at-home dad who is so traumatised by a violent incident in a playground that he and wife Fiona (Indira Varma) move their family to the (fictional) Scottish village of Coldwater to start over. But when John bonds with charismatic neighbour Tommy (Ewen Bremner), he has no idea of the dark secrets his new friend is hiding...



IT: WELCOME TO DERRY

Sky Atlantic

Bill Skarsgård reprises his role as creepy clown Pennywise (right) in this chilling prequel series to the 2017 and 2019 movies inspired by Stephen King's 1986 novel. The nine-part horror revisits Derry in 1962, when a couple and their son move to the cursed Maine town where children are going missing...

NEW FROM NETFLIX

Prime target

Suranne Jones stars as a prime minister facing an impossible decision in a new thriller

The two leaders work together

Prime Minister Abigail Dalton
Suranne Jones
The PM hopes to secure a political win from the summit, but she is thrown by news of her husband's kidnap.

NEW THRILLER
Hostage
From Thursday 21 August, Netflix

The Entente Cordiale between the British and French leaders comes under immense strain in Netflix's new thriller *Hostage* when both politicians find themselves threatened by a mysterious group.

While hosting French President Vivienne Toussaint (*Before Sunrise* star Julie Delpy) at Downing Street for an important summit, British Prime Minister Abigail Dalton (*Vigil*'s Suranne Jones) is horrified to learn that her husband Alex, a doctor working overseas on a humanitarian mission, has been abducted.

Abigail attempts to keep a lid on the situation to avoid appearing weak in her negotiations, but when she receives a video from the kidnappers warning that they will kill Alex unless she resigns, she is forced to turn to Vivienne for help.

'Abigail is tenacious, fierce and kind of a maverick – which you can't really be in her position,' says Jones, 46. 'She needs to learn how to play the game more. She wants to be human and honest, but that's the polar opposite of being a politician.

'She's been brought up by a really strict father who has instilled very strong morals, values and beliefs in her. He taught her that dedication to your country stands above everything else – but who are you going to serve when the choice is between your country and your family?'

BLACKMAIL

It soon becomes apparent that Abigail isn't the only one under pressure, as Vivienne is also being targeted by blackmailers who have uncovered a secret from her private life that would prove ruinous if it ever got out.

'Vivienne is romantically involved with someone that she shouldn't be,' explains Delpy, 55. 'That's a huge weakness for a politician, especially a woman. She's much more likely to be judged harsher than a man for doing the same thing. She puts herself, and her entire career, in danger for something that could have been avoided.'

The series was created by Oscar-nominated *Bridge of Spies* screenwriter Matt Charman, who wanted to work with Jones on a story about a powerful woman, and was inspired by the enormous pressures faced by women in politics.

'When I spoke to female politicians, they said they get more abuse than anyone else, and objectified in a way that men never do,' says Charman, 46. 'If they're a wife and mother, they've also got the pressure of what a woman should be in our society. So this is about two women trying to work out how to regain power in this situation. I love seeing that kind of collaboration between

Abigail's husband Alex is kidnapped

WORDS: STEVEN PERKIN'S, ALISON SLADE. PHOTOS: BBC, ITV, NETFLIX

President Vivienne Toussaint
Julie Delpy
With an election looming, the French head of state doesn't want to show vulnerability on the international stage.

two really strong women.'

Jones and Delpy had not worked together prior to filming *Hostage*, but the two actors found that they got on famously.

'Julie is fabulous,' says Jones of her co-star. 'She's very honest, to the point that it often made me laugh. She'd say something and then ask me, "Have I said too much?" – and I'd say, "No, that's brilliant!"'

The five-part drama is intended as a one-off series, but if it proves to be a hit with viewers, Charman would love the chance to tell further stories with these characters.

'I've spoken to Suranne about it; I would love to tell more of this woman's story, and she is equally excited,' he reveals.

'The audience has got to want that, so let's see – however, there is a particular story I've got in mind to top this one that I would love to tell…'

WHO'S WHO

Dr Alex Anderson
Ashley Thomas

Abigail's supportive husband is kidnapped while working in French Guiana with medical charity Médecins Sans Frontières.

Kofi Adomako
Lucian Msamati

The chief of staff to the Prime Minister has a slightly spiky relationship with his boss Abigail, but ultimately wants her to succeed.

Sylvie Anderson
Isobel Akuwudike

Abigail and Alex's daughter has been struggling with the huge changes to her life since her mum became PM.

Matheo Lewis
Corey Mylchreest

Vivienne's stepson previously worked on her electoral campaign before landing a job with a refugee-focused charity.

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Robert and Aaron share a passionate encounter

EMMERDALE

Robert and Aaron give in to temptation

» **Robert's despondent when** John manages to turn their sister Victoria – the one person who's been on his side since his release from prison – against him. As he trashes his room, fuelled by self-loathing, the commotion is overheard by Aaron, who goes to investigate.

Aaron's shocked to see his ex at rock bottom, and when he admits that he has pushed him away because he still has feelings for him, lingering looks are exchanged and the pair get it on. Afterwards, Aaron is plagued with guilt. Not wanting to betray John again, he suggests to his new husband that they make a fresh start, away from the village.

John and Aaron make plans to leave

Although John's shocked, the proposal is music to his ears, as he's learnt that the investigation into Nate's murder has been reopened and he's keen to escape the heat.

But as he prepares for the off, he gives a lift to Mackenzie, who spots something suspicious in his van. Can Mack join the dots before the killer paramedic packs his bags?

» **PLUS** Charity and Mack's marriage implodes when she forgets a poignant anniversary, Vinny struggles with his lies following his attack by 'Mike', Ray continues to manipulate Dylan, and there's a devastating blow for Moira.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Tracy uncovers Abi and Carl's affair (above), Sarah is accused of sexual harassment, Aadi decides to make a fresh start in India, Dee-Dee kisses client Ollie, Tim and Sally get a shock, and Steve tries to build bridges with Tyrone.

EASTENDERS

» Okie (above) gives Kojo drugs, Ravi reunites with Priya, Phil clashes with Julie over Nigel's care, George sleeps with Nicola again, Howie confronts Oscar over Patrick's attack, and the teens get their GCSE results.

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Kelly Cates, Gabby Logan and Mark Chapman

Eyes on the ball

***Match of the Day*'s new signings take the hot seat**

NEW SPORT
Match of the Day
Sat, 10.20pm, & Sun, 10.30pm, BBC1

Following the departure of Gary Lineker after 26 years as host, there are big changes when *Match of the Day* returns to our screens on Saturday night for the opening weekend of new Premier League season.

For the first time, the flagship football-highlights show will be fronted by three different presenters in turn, with Sky Sports' Kelly Cates (the daughter of ex-Liverpool star Sir Kenny Dalglish) joining BBC favourites Gabby Logan and Mark Chapman in alternating presenting duties across *Match of the Day* on Saturday and Sunday and Wednesday's *MOTD* Champions League recaps.

Meanwhile, England legend Wayne Rooney will join the show's panel of experts as a regular pundit.

Here, the trio tell us more…

How does it feel presenting a show with as much history as *Match of the Day*?

Cates It's a huge responsibility, so it's exciting and terrifying at the same time. But the best thing about it is that I'm doing it with two of my mates, so that helps, and they've done it before, so I'm relying on them to give me tips.

> **'It's a pinch-me moment to feel part of that family'**
> GABBY LOGAN

Mark and Gabby, what's it like hosting the show?

Chapman It's just good fun, really. It's about watching football and then talking football with people who know a lot more about it than we do. I'm always jealous of our guests because they've played the game to a great level, and I never could.

Logan It is such an important show to people who love football. I grew up hearing that music every Saturday night, and it's a pinch-me moment to feel part of that family, part of that history.

It's a new era for the show. Will anything change?

Logan We're not going to revolutionise *Match of the Day*, because most of the show is absolutely perfect, but there's always room to improve and follow the audience and go with what they want to see. We've got fantastic pundits, we've got brilliant commentators, and we've got an amazing league. I think the sport is always going to be the centrepiece of *Match of the Day*.

Do you have any pre-show rituals?

Chapman No. I just tend to drink an awful lot of tea or coffee. And I'll probably have two cups of tea during the show.

Have you set up a presenter group chat for the three of you yet?

Chapman There is a group chat, which is one of the few group chats on my phone. It's called 'The *MOTD* Three', I think. Needless to say, I didn't set it up.

Cates 'The *MOTD* Three' makes us sound like we've been wrongly convicted of something!

Wayne Rooney joins as a regular pundit

WORDS: RICHARD MCCLURE PHOTOS: BBC, GETTY

LOOK WHO'S BACK...

A familiar face appearing in a new role this week

Tracey Ullman

Elsbeth

Monday, 9pm, Sky Witness

Born in Slough in 1959, Tracey Ullman showcased her comedy chops alongside Sir Lenny Henry and David Copperfield in hit 80s sketch show *Three of a Kind* (inset) before launching a pop career. Moving to the US, in 1987 she landed self-titled series *The Tracey Ullman Show*, which featured shorts from a then-unknown animated series called *The Simpsons*. Most recently, she had a guest role in *Curb Your Enthusiasm* and was seen in Netflix drama *Black Doves*.

HER NEW ROLE

In this week's episode of *Elsbeth*, Ullman guest-stars as Marilyn Gladwell, a quirky psychic who Elsbeth (Carrie Preston) suspects is involved in the murder of wealthy New Yorker Tim (Max Jenkins) in Central Park. Tim had clashed with Marilyn after the medium advised his widowed stepmother Phyllis (Jill Eikenberry) to sell the family's snack-food business. But are Marilyn's psychic abilities genuine or is she a con artist and killer with an ulterior motive?

Tracey Ullman as Marilyn Gladwell

WORDS: CAREN CLARK, HANNAH DAVIES, ELAINE PENN, STEVEN PERKINS. PHOTOS: BBC, C4, ITV, SHUTTERSTOCK, SKY, UKTV/TOM JACKSON, U&DRAMA

Broken wings

John Cena's maverick superhero and his pet eagle face an uncertain future...

NEW SUPERHERO DRAMA

Peacemaker

Friday, 10pm, Sky Max & Sky Showcase

Not all is as it seems as the DC superhero series *Peacemaker* returns for its long-awaited second season this week.

Back in 2022, the show's first run concluded with the titular anti-hero (played by John Cena) finally confronting and killing his abusive white-supremacist father Auggie (Robert Patrick), as well as saving Earth from being invaded by parasitic alien butterflies. But as we rejoin Peacemaker and his beloved bald-eagle companion Eagly, he's feeling far from victorious…

'He's going through a rough patch in life, and thinks the grass might be greener on the other side,' says Cena. 'Very little is going right for him. That's a journey that a lot of us can relate to, so I think people will enjoy that element of the season.'

The new episodes take place a month after the events of series creator James Gunn's recent *Superman* film, and will see Peacemaker – AKA Christopher Smith – reckoning with his past and considering the future.

'The theme of *Peacemaker* Season 2 is redemption,' says Gunn.

John Cena as Peacemaker and Danielle Brooks as Leota

Tom Cullen as Pete and Erin Richards as Claire

Right & wrong

A **magistrate battles divided loyalties** in a twisty Welsh drama

NEW DRAMA

Mudtown

Wednesday, 9pm, U&Alibi (box set, Sky Box Sets, Virgin TV Box Sets & NOW)

***Mudtown* was shown** last Christmas on BBC iPlayer and S4C in its Welsh-language version, and now, the six-part drama debuts in English on U&Alibi.

The series stars Erin Richards as volunteer magistrate and mum of two, Claire Lewis Jones, whose personal and professional worlds collide when her teenage daughter's friend Ned faces arson charges.

TREACHEROUS

Unfortunately for Ned, the warehouse he allegedly tried to burn down belongs to local crime boss Pete Burton (*The Gold*'s Tom Cullen). And when Ned winds up shot, it kicks off a perilous chain of events that sees Claire's daughter Beca

Peacemaker with Eagly

'This is a character who knows he did wrong in the past. He's a new Peacemaker, struggling to be the best that he can be – often failing, but really trying his best.'

NEW BEGINNINGS

Meanwhile, his Project Butterfly teammate Leota Adebayo (Danielle Brooks) has been excommunicated by her mother Amanda Waller (Viola Davis) after publicly exposing Amanda's misconduct as the head of government agency ARGUS.

'When we first met Leota, she was all over the place,' explains Brooks. 'But she gained so much confidence that she ended up ratting out her mom, and now, out of all of the characters, she's the one holding on to optimism. She's more comfortable in the group – this is her family now.'

The second season will also see Peacemaker discovering a parallel universe, wondering if he might be happier living a completely different life – and with Patrick due to reprise his role, could this explain Auggie's impending return?

'Season 2 is about two dimensions,' teases Gunn. 'That's really the core of the show.'

Claire with Beca, Alun and son Jac (Samuel Fairburn)

(Lauren Morais) entangled in the crosshairs of Newport's criminal underworld – and Claire tipping the scales of justice to save her.

'It's like an international crime drama with a strong South Wales humour and sensibility,' says Richards, 41, best known for playing Barbara Kean in the Batman prequel *Gotham*. 'Claire has a family and she's desperately trying to stop her daughter from going off the rails. The theme that runs throughout the story is, what's she willing to do to save her family?'

HIDDEN SECRETS

As outside threats and people from Claire's past come into her life, there's an extra layer of intrigue when it's revealed that she is also hiding an old relationship with Pete and a crime they tried to cover up.

'Claire did something really awful in her teens and Pete took the rap,' reveals Richards. 'And although she's married to a stable, loving husband called Alun [Matthew Gravelle], when Pete comes back into her life, it blows everything up.

'There are so many twists but they feel believable. In a lot of crime dramas you're like, "Would that happen?" But with this series, it's never a stretch.'

Ned (Finn Torkington)

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW One Night

Saturday, 9.30pm, ITV1 (box set, ITVX)

The lives of three friends are torn apart by the fallout from a horrifying incident that occurred years earlier, in this twisty six-part drama. Jodie Whittaker stars as Australian banker Tess, who was sexually assaulted two decades ago. When she moves back Down Under, she's reunited with her childhood pals, writer Simone and lawyer Hat. But then Simone writes a bombshell novel about the night Tess was attacked...

● ***Previously shown on Paramount+ in 2023***

Miriam Margolyes Discovers New Zealand

NEW

Friday, 9pm, BBC2 (box set, BBC iPlayer)

In preparation for her first film role in the country, Miriam Margolyes (right) explores the landscapes, people and culture of New Zealand. She starts on North Island, where she chats to the Lord of the Rings director Sir Peter Jackson, who learns that Margolyes met JRR Tolkien when she was a child.

In Flight

LAST ONE

Tuesday-Thursday, 9pm, C4

Just when things couldn't get worse for flight attendant Jo (Katherine Kelly, right), who's fighting for her imprisoned son Sonny's life by smuggling drugs for a crime syndicate, the danger ramps up in this week's three-episode finale. When gang leader Cormac turns up at Sonny's appeal hearing, Jo devises a scheme to escape her predicament.

The Brokenwood Mysteries

NEW

Monday, 8pm, U&Drama

New Zealand's version of *Midsomer Murders* is back as detectives Mike Shepherd (Neill Rae), Kristin Sims (Fern Sutherland) and Daniel Chalmers (Jarod Rawiri) return to tackle the case of a woman who fell to her death after a reunion gig by 80s group Stolen Arrow. As the cops investigate, are the band members holding dark secrets that will explain the tragedy?

NETFLIX

prime

BBC iPLAYER

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4

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MURDER in Italy

Grace Van Patten plays Amanda Knox in a case that made headlines around the world...

Grace Van Patten as Amanda Knox

The Twisted Tale of Amanda Knox

NEW *Available: Wednesday 20 August*
Genre: Drama Season: 1 Episodes: 8
(first two eps from 20 August, then weekly)

Van Patten with Giuseppe De Domenico

On the night of 1 November 2007, 21-year-old British student Meredith Kercher was murdered in Perugia, Italy. Five days later, her American room-mate Amanda Knox was arrested for the crime.

Now, Disney+ drama *The Twisted Tale of Amanda Knox*, inspired by the case and based on Knox's 2013 memoir, gives her take on how, along with Raffaele Sollecito, her then boyfriend, she was convicted and spent almost four years in prison before being exonerated.

'For something that was so televised and so heavily in the media, it's going to be a different perspective on the case with some new things for people to think about,' says *Tell Me Lies*' Grace Van Patten, 28, who plays Knox in the series.

As the drama begins, Knox is making a secret return to Italy in 2022 with her now husband Chris (Jared Canfield) and her worried mother Edda (Sharon Horgan) to confront her past.

The action then flashes back to 2007 when, aged 20, she leaves her native Seattle to study for a year in Perugia, where she lives with Kercher. But when Knox returns home after a night with Sollecito (Giuseppe De Domenico), Kercher is dead in her bedroom.

NIGHTMARE

As the police, along with public prosecutor Giuliano Mignini (Francesco Acquaroli), investigate, they become suspicious about Knox and Sollecito's behaviour and think the couple were involved with the killing. As Knox is interrogated and charged, the investigation takes place amid the glare of the global press.

'The show explores the anatomy of bias,' says creator KJ Steinberg. 'Amanda believes that the police and the prosecutor were not bad. They came with a set of beliefs, they formed opinions on the scene, and that was dangerous.'

DNA evidence eventually helped convict a local man, Rudy Guede, of the murder in 2008, and the drama examines how, after a 2009 trial, Knox and Sollecito were also found guilty. Following an appeal, they were acquitted and released in 2011, before having their convictions reinstated in 2014 and finally overturned in 2015.

Kercher's parents sadly died in 2020, while Guede was released in 2021.

To prepare for her role, Van Patten worked closely with Knox, who now has two children and is an executive producer on the series, and she admits she found it rewarding and moving.

'She was open and vulnerable about her experience,' says the actor. 'The emotions of it all were extremely challenging.'

What we're watching...

The shows being enjoyed by the *TVSW* team

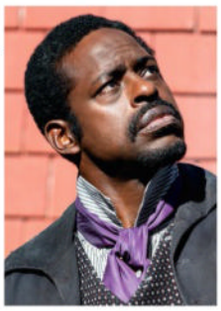
The Assassin

Genre: Thriller Season: 1 Episodes: 6

There's a high body count in an action-packed, drily witty thriller that is, at times, preposterous but always hugely entertaining. Keeley Hawes stars as a retired assassin living on a quiet Greek island when her son (*The Good Doctor*'s Freddie Highmore) comes to visit. The two have a distinctly prickly relationship, but are forced to flee the sun-kissed island and go on the run together after a hitman attempts to kill her, massacring a whole village in the process.

Washington Black

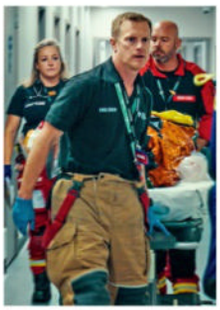
Genre: Drama Season: 1 Episodes: 8



George Washington Black, an enslaved boy on a 19th-century Barbados sugar plantation, embarks on a daring adventure of scientific discovery in a thrilling, globe-spanning drama. Sterling K Brown (right) stars.

Critical: Between Life and Death

Genre: Documentary Season: 1 Episodes: 6



A gripping, fast-paced docuseries follows the London Major Trauma System – a network of four hospitals, paramedics and air ambulances – as they deal with incidents and accidents.

Now in production...

Three upcoming shows to look out for soon

3 Body Problem

Filming is under way on the second season of Netflix's sci-fi drama, based on Cixin Liu's novels. Claudia Doumit (above) joins the cast as the threat from San-Ti aliens increases, while Ellie de Lange, Alfie Allen, David Yip and Jordan Sunshine also appear.

Prehistoric Planet: Ice Age

A five-part follow-up to Apple TV+'s natural-history series will air in November. Narrated by Tom Hiddleston (above), it explores life on Earth when woolly mammoths and sabre-toothed tigers fought to survive as the planet froze.

Monster

The fourth run of Netflix's drama anthology about notorious historical crimes will see Ella Beatty (above) play Lizzie Borden, who was accused but acquitted of murdering her father and stepmother with an axe in the 1890s. Rebecca Hall and Vicky Krieps co-star.

WORDS: CAREN CLARK. JUDY EWENS. PHOTOS: ©2025 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, PRIME VIDEO

The winner takes it all: The Controller oversees the global adventure

Bonding exercises

Brian Cox is in control as contestants compete in more 007-style games

prime 007: Road to a Million

NEW *Available: Friday 22 August*
Genre: Reality Season: 2 Episodes: 8

Get ready to be shaken and stirred as eight new pairs of contestants embark on an exciting James Bond-inspired global adventure in the second series of Prime Video's reality competition *007: Road to a Million*.

With *Succession* star Brian Cox back as The Controller, this time the stakes are even higher as the duos must compete directly against each other – rather than individually – in a series of physical, psychological and strategic missions against the clock, with the poorest-performing pair being eliminated in each episode.

Having defeated all their rivals, the final surviving couple face The Controller in person in London to try to get their hands on a whopping £1 million prize.

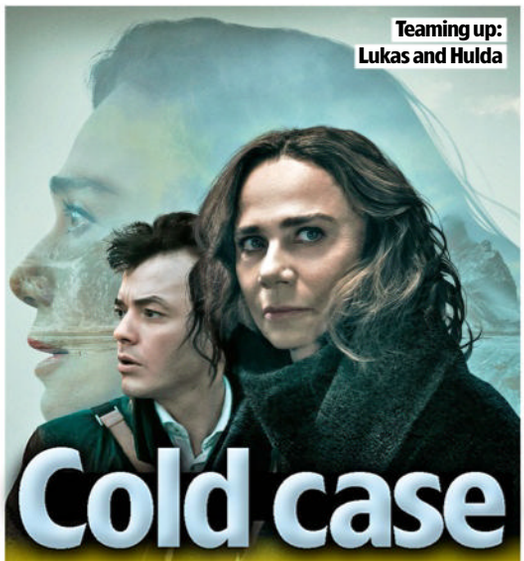
Here, Cox, 79, reveals more...

What's new for Series 2? There's more interaction between me and the contestants, and the show is infinitely more Bond-related. I now have an assistant in the control room, which feels very Bond. She gives me information on the contestants as I watch them on monitors. It's more dramatic than last time.

In the first episode, contestants bungee-jump off a dam, re-enacting Bond's iconic leap in 1995's *GoldenEye*. Can you tell us more? The contestants get to see and do some extraordinary things. It's a sheer spectacle, but it also confirms to me why I'm in the control room and not doing the competition! I'd never bungee-jump in a million years.

What would be your strengths as a contestant? I'd be good at mind games. That's where I'd excel, because I understand how people tick, and their strengths and weaknesses. It's quite hard to know who's actually going to win. I'm not very good at predicting that because all sorts of things can happen along the way.

As The Controller, you toy with the duos and exploit any weaknesses. Is that fun to play? Yes, that's part of my character as The Controller, the cat-and-mouse thing. There's a father and son who made a mistake at one point, and I felt very empathetic. The Controller is not openly compassionate, but he's not without sensitivity to who these contestants are.



Teaming up: Lukas and Hulda

Cold case

Lena Olin investigates the discovery of a frozen corpse

4 The Darkness

NEW *Available: Wednesday 20 August*
Genre: Crime drama Season: 1 Episodes: 6

Oscar-nominated Swedish star Lena Olin takes the lead in this English-language Nordic noir as Reykjavik detective Hulda Hermannsdóttir, who investigates one final case before being forced to retire from her misogynistic and ageist police department.

When hikers stumble across a frozen body in a glacier, Hulda teams up with new partner Lukas (*Endeavour*'s Jack Bannon) and discovers that the dead woman was a Russian journalist who had been seeking asylum.

Hulda and Magnús (Björn Hlynur Haraldsson)

PERILS AHEAD

The investigation leads to a human-trafficking ring that is exploiting refugees, and as Hulda becomes embroiled in a world of violent criminal gangs and state corruption, she is also haunted by the suicide of her daughter a year ago.

'Hulda is impossible to deal with because she doesn't back off. She's unafraid,' says Olin, 70, who has starred in movies *Enemies, A Love Story* and *Chocolat*. 'She has to deal with the darkness within. Her way out of that is helping others – saving someone, anyone.'

The series is directed by Lasse Hallström, who has helmed movies *My Life as a Dog* and *The Cider House Rules*, and also features *Shetland*'s Douglas Henshall in a cameo role as Hulda's neighbour, Petur.

'It's a crime mystery, but also focused on the characters,' says Olin, whose TV credits include *Hunters* and *Nine Perfect Strangers*. 'I love that Hulda refuses to do what society expects of her.'

WORDS: CAREN CLARK, REBECCA MAHONEY, RICHARD MCCLURE, VICTORIA WILSON. PHOTOS: 5, APPLE TV+, BBC, C4, CBS/PARAMOUNT, PRIME VIDEO, U&DRAMA

Worlds collide

The scattered **survivors unite to fight** a new breed of alien invaders

Shioli Kutsuna as Mitsuki Yamato

tv+ Invasion

NEW *Available: Fri 22 August Genre: Sci-fi Season: 3 Episodes: 10 (released weekly)*

After two seasons chronicling a devastating alien invasion through multiple, globe-spanning perspectives, the dispersed heroes of sci-fi thriller *Invasion* finally join forces in the new 10-part run.

The action picks up with US Navy SEAL Trevante Cole (Shamier Anderson) and psychic teen Caspar Morrow (Billy Barratt) embarking on a mission to destroy the alien mother ship, which crashes to Earth in the opening episode, killing the pair, who are hailed as martyrs when the drama cuts to two years later.

Shamier Anderson as Trevante Cole

But Earth's fragile peace is shattered when Trevante inexplicably emerges from a portal in the Atlantic. He's alive, but so are the hunter-killer aliens, which are evolving into deadly apex aliens and sending tendrils of terror across continents. As they tighten their grip, the far-flung survivors must team up to save humanity once and for all.

'We've never seen all of our characters come together in relationship to each other the way we do this season,' says showrunner Simon Kinberg, who's known for the X-Men films and *Deadpool*. 'The parallel stories become a singular story as we realise very quickly that the aliens aren't done.

'They weren't going back to the mother ship to die; they were regrouping for a far more destructive attack. The apex aliens are more intelligent, larger, deadlier, and they have certain powers that we've never seen before.'

The international cast of Earth's defenders returns with fearless Aneesha Malik (Golshifteh Farahani) now married to teacher Clark Evans (Enver Gjokaj), space engineer Mitsuki Yamato (Shioli Kutsuna) living off-grid in Japan, brash CEO Nikhil Kapur (Shane Zaza) monetising the fallout of the invasion, and student Jamila Huston (India Brown) trying to move on after Caspar's sacrifice.

But there's also a new human threat as a cult called the Infinitas – led by the charismatic Verna Mae Potter (Erika Alexander) – welcomes the invaders.

'Verna is a powerful person who's taken her pain and created something very destructive,' says *Get Out* star Alexander. 'She has an alternate agenda and is willing to kill for it.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER Parenthood

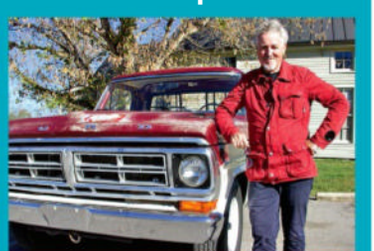
BBC1's wildlife series, which explores animal parenting, sees an African social spider in Namibia being eaten by her spiderlings, while a boxer-crab mother (above) in Indonesia cultivates anemones from the reef to use as weapons against predators.

U The Count of Monte Cristo

In U&Drama's new take on the classic novel, sailor Edmond Dantès (Sam Claflin, above) steers his ship through a terrible storm, but when he is promoted, his rival Danglars conspires against him.

5 7 Wonders of the World with Bettany Hughes

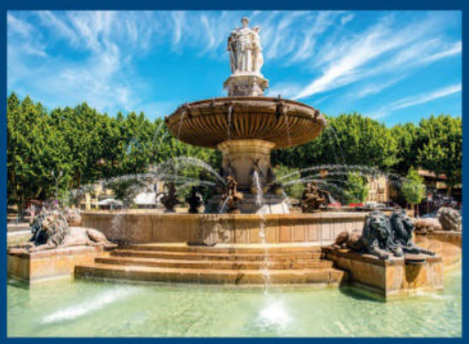
The historian (above) heads across the globe to uncover more about the legendary landmarks. She visits the Step Pyramid of Djoser to learn about the Great Pyramid of Giza.



4 Griff's Great American South

Griff Rhys Jones (above) showcases the US' southern states in C4's travelogue. He begins in Tennessee, where he finds out about a hydro-powered dam that played a role in the creation of the atomic bomb.

SIGNATURE tours to Europe



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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Hunt for Shannon Matthews

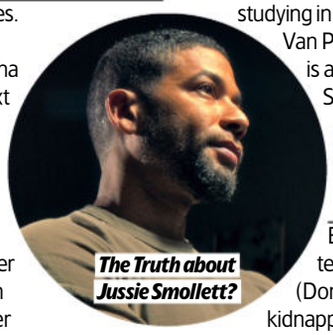
Sunday 17 August

True-crime docuseries. In February 2008, nine-year-old Shannon Matthews vanished on her way home from school in Dewsbury, West Yorkshire. But the story that gripped a nation became something darker as suspicion turned closer to home.

Stalking Samantha: 13 Years of Terror

Tuesday 19 August

True-crime docuseries. In 2011, Christopher Thomas met Samantha Stites, and for the next 11 years, he stalked her – until the day in 2022 when he kidnapped her and held her captive in the soundproof bunker he had constructed in a storage unit near her Michigan home. Here, Stites tells her harrowing story for the first time.



The Truth about Jussie Smollett?

America's Team: The Gambler and His Cowboys

Tuesday 19 August

Docuseries about the purchase of the Dallas Cowboys by American billionaire businessman Jerry Jones in 1989. Under his sometimes controversial tenure, the NFL team won a trio of Super Bowls in the 1990s and have become the most valuable sports franchise in the world.

The Darkness

Wednesday 20 August

Icelandic/American crime drama directed by Lasse Hallström. Lena Olin stars as a dedicated detective taking on one final case before she retires – the investigation into the discovery of the frozen body of a young Russian asylum seeker in a glacier. With *Shetland*'s Douglas Henshall. See feature, page 16.

The Twisted Tale of Amanda Knox

Wednesday 20 August

Drama inspired by the true story of American student Amanda Knox's conviction and subsequent acquittal for the murder of her British room-mate Meredith Kercher while both were studying in Italy in 2007. Grace Van Patten plays Knox, who is an executive producer. See feature, page 14.

Rivers of Fate

Wednesday 20 August

Brazilian drama. When teenager Janalice (Domithila Cattete) is kidnapped by a sex-trafficking ring, a river pirate and a fierce mother embark on separate quests to find her – until their paths cross.

Teen Mom UK

Wednesday 20 August

Season 12 of the reality series. Chloe is navigating being a mum of two, Sassi is determined to move forward with dating, Mia is battling with Marliya's tweenager ways, and Amber might have found true love.

Ghosts Off Grid

Thursday 21 August

In the second season of the paranormal series, presenters Johnny Wiebe and Jordyn Penner explore haunted locations in rustic towns in the US and Canada, including the mysterious tunnels of Moose Jaw in Saskatchewan and the eerie landscapes of Alberta.

The Map That Leads to You

Wednesday 20 August

Romantic drama based on the novel by JP Monninger. Travelling around Europe with her best friends after graduation, Heather (*Outer Banks*' Madelyn Cline) meets Jack (KJ Apa), and there is an instant spark between them.

Hostage

Thursday 21 August

Political thriller. Suranne Jones plays the British Prime Minister, whose husband is kidnapped, while the visiting French President (Julie Delpy) is blackmailed. Can the two leaders work together to uncover the plot that threatens them both? See feature, page 8.

Gold Rush Gang

Thursday 21 August

Thai action adventure. At the tail end of World War Two, a bandit leader and his ragtag crew plan to rob a Japanese army train transporting gold treasures and drive the invading force out of Thailand.

Invasion

Friday 22 August

In the third season of the sci-fi drama showing an alien invasion through different perspectives around the world, the series' main characters are brought together for the first time and must work as a team in order to save mankind. See feature, page 17.

Freezing Embrace

Friday 22 August

The second season of the Finnish crime drama from Walter Presents. Chief Inspector Antti Hautalehto (Mikko Leppilampi) investigates a series of ritualistic murders in Porvoo, Finland.

Eenie Meanie

Friday 22 August

Heist thriller. Edie (Samara Weaving), a former teenage getaway driver, is dragged back into her criminal past when a previous employer offers her a chance to save the life of her ex-boyfriend. With Steve Zahn and Andy Garcia.

The Truth about Jussie Smollett?

Friday 22 August

In January 2019, *Empire* star Jussie Smollett claimed to have been a victim of a hate crime, but police concluded that he had staged the attack with the help of two acquaintances. This documentary, from the makers of *The Tinder Swindler*, and including an interview with Smollett himself, examines whether the story was fake or true.

007: Road to a Million

Friday 22 August

Succession's Brian Cox returns to host the second series of the reality show. Eight teams of two take on a series of James Bond-inspired challenges in a worldwide race to win $1 million. As 'The Controller', Cox sets the rules of the game and delights in the hardship of the contestants. See feature, page 16.

Long Story Short

Friday 22 August

Animated comedy from the creator of *BoJack Horseman* chronicling the triumphs, disappointments, rivalries and shared history of the Schwooper siblings from childhood to adulthood and back again. The voice cast includes Lisa Edelstein and Paul Reiser.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, PRIME VIDEO

Documentaries

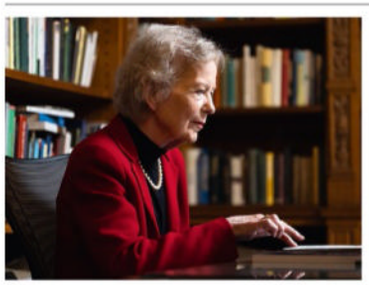
The Japanese surrender

How a **military coup almost derailed Japan's decision** to end World War Two...

Countdown to surrender

Prime Minister Kantaro Suzuki

A reconstruction with General Anami, Emperor Hirohito and Prime Minister Suzuki



Mrs Robinson

Sunday, 8pm, Sky Documentaries

Irish politician Mary Robinson (above) recalls an eventful career, from her early years as a lawyer and her surprise victory in the country's 1990 presidential vote, to her work as a UN High Commissioner and her former role as the Chair of The Elders, a global human-rights group that was founded by Nelson Mandela.

Matthew Perry: A Hollywood Tragedy

Monday, 9pm, ITV1

On 28 October 2023, *Friends* actor Matthew Perry (left) was found dead, aged 54, in the hot tub of his Los Angeles home – his death caused by the effects of ketamine use. This one-off film looks back at his stardom, his addiction issues, and the ongoing criminal charges brought against those who supplied him with the drug.

The Preppy Murder: Death in Central Park

From Sunday 17 August, ITVX

In August 1986, the body of 18-year-old Jennifer Levin, last seen leaving a bar with Robert Chambers (above), was found in New York's Central Park. Dubbed 'the Preppy Killer' due to his background, Chambers pleaded guilty to manslaughter. Drawing on evidence that was inadmissible at the trial, this film revisits the case.

WORDS: IAN MACEWAN, TESS LAMACRAFT, HANNAH DAVIES. PHOTOS: BBC, C4, GETTY, ITV, SKY

NEW HISTORY

24 Hours: The Japanese Surrender

Saturday, 8.10pm, C4

The anniversary of VJ day on 15 August marks 80 years since the official end of World War Two. But C4's one-off documentary *24 Hours: The Japanese Surrender* explains how it wasn't a foregone conclusion.

Despite the Allies' demands for capitulation, Japan's response hung on a knife-edge in a secret bunker at Tokyo's Imperial Palace, where politicians and the military held opposing views of what they should do.

'By 14 August 1945, Japan was being encircled by Allied powers and was being bombed regularly. People were starving and cities were devastated,' says Dayna Barnes, a professor at the USA's National Defense University. 'But Japan still controlled a vast army and territory, so it was really in a position to keep fighting.'

Even though Allied forces had threatened total destruction if Japan continued to delay surrender, the Japanese government remained divided.

With the cities of Hiroshima and Nagasaki already annihilated by atomic bombs, and knowing a third bomb was waiting for President Harry Truman's order, Prime Minister Kantaro Suzuki came to realise the situation was hopeless but took the unusual step of requesting Emperor Hirohito's sacred decision.

As head of state, the Emperor's word was final. However, fearing a military uprising, Hirohito knew he had to speak to his people immediately via a radio broadcast.

Meanwhile, a last-ditch attempt at a coup was made by Japan's military leaders.

'The military was hoping to engage the whole of the Japanese population in resistance,' says Professor Barnes. 'Their extremist belief was that 100 million Japanese people should fight until destruction.'

However, the coup was quashed and the surrender broadcast finally took place at midday on 15 August. Yet despite jubilation across the West, there were mixed feelings in Japan.

'Many people had sacrificed their family members – fathers, husbands and sons who'd never come back,' explains Noriko Kawamura, a professor at Washington State University. 'All those efforts were for nothing and everything was wasted. In Japan we call it "kyomukan". It was a sense of emptiness, exhaustion and confusion.'

Confessions of a Brain Surgeon

Monday, 9pm, BBC2

Ex-neurosurgeon Henry Marsh (above) reflects on a 40-year career during which he treated thousands of patients, before retiring in 2015 and later receiving his own cancer diagnosis. He talks to trainee surgeons and meets a family who have blamed him for the death of their son for almost three decades.

Football's Financial Shame: The Story of the V11

Thursday, 9pm, BBC2

This feature-length exposé sees 11 ex-Premier League footballers, including former Liverpool star Danny Murphy and Everton's Craig Short (above), reveal how they were exploited financially by con men, and follows their efforts to reveal the truth about the dark side of football.

The boxer talks about his pain

On the ropes

Boxer and Love Islander **Tommy Fury** on his toughest fight yet

John Fury and son Tommy

NEW REALITY

Tommy: The Good. The Bad. The Fury

Tuesday, 9pm & 9.30pm, BBC3 (box set, BBC iPlayer)

Having already featured in his half-brother Tyson's reality show *At Home with the Furys*, boxer and *Love Island* star Tommy Fury now has his own 10-part series, charting what he calls 'the worst year of my life', following his split from partner Molly-Mae Hague.

Alone in the large house he bought for them to raise daughter Bambi in, a candid Fury reflects on how he started drinking heavily when he was unable to box because of a hand injury, and the family fallout that followed.

We also gain an insight into his boxing comeback, from training with father John Fury to doing the media rounds before a big fight, as well as seeing him spending time with Bambi as a doting dad.

From boxing and celebrity to fatherhood, Fury has already crammed quite a lot into his 26 years.

'*Love Island* was where my life changed,' he says of his 2019 appearance on the hit reality show. 'Me and Molly-Mae were just this regular couple who found love on TV, and when we came out it was crazy.'

The celebrity couple became parents to Bambi in 2023 and got engaged that same year, but the dream turned sour when they split up in 2024, with Fury saying the break-up was down to his abuse of alcohol following the hand injury that put his boxing career on hold.

'I couldn't train, box or lift weights,' he says. 'I'd lost my whole identity, and I was drinking a lot.'

After Hague and Bambi moved out of the family home, Fury found his priorities coming sharply into focus.

'I started doing everything I could to get my family back,' he says. 'Nothing else mattered.'

The couple have since reconciled, and Fury couldn't be happier.

'Having Bambi was the best thing that I've ever done,' he explains. 'She's the reason I fight, and the reason why I get up in the morning.'

Loving dad Tommy Fury and Bambi

Films Our pick of this

Jurassic World: Rebirth

MOVIE OF THE WEEK

Thrills await **Scarlett Johansson**, who leads a team on a new trek for dinosaurs

What big teeth you have: Mahershala, Scarlett and Jonathan

CREATURE FEATURE

From Monday, to buy or rent from digital stores including Prime Video and Sky Store ★★★★

British director Gareth Edwards successfully brings the *Jurassic World* franchise back from the edge of extinction with the help of new stars Scarlett Johansson, Jonathan Bailey and Mahershala Ali, even if he can't resurrect the astonishing shock and awe delivered by Steven Spielberg's original 1993 film.

Where the movie does score over its immediate predecessors, however, is in Johansson's heroine, who couldn't be further from Bryce Dallas Howard's uptight, heel-wearing exec of the past three films. A tough-as-boots ex-special forces operative, she is riding shotgun on a mission to a deserted Caribbean island to extract DNA from three prehistoric creatures at the behest of Rupert Friend's slimy pharmaceutical company executive.

Piloted by Ali's rugged boat captain, and with Bailey's palaeontologist also along for the ride, the team picks up a shipwrecked family (headed by Manuel Garcia-Rulfo) en route, to add to the lineup of potential dino victims. Not that there is much surprise about who gets chomped. We can not only tell who's doomed, but also pretty much work out the order in which they are going to be killed. But if the plotting is fairly predictable, Edwards serves up plenty of heart-stopping action and suspense, plus the odd spot of pathos, too. 2025, 12, 133MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner >>>

Week's Best Movies

ROMCOM THRILLER

F*** Marry Kill

Available now, Prime Video ★★★

Even though a serial killer has been targeting women using dating apps, eight-months single Eva (Lucy Hale) is convinced by her chums to dive back into the hook-up pool. But after meeting three very particular men, she's convinced one of them is the 'Swipe Right Killer'... Is it smooth Mitch (Brendan Morgan), nerdy Kyle (Jedidiah Goodacre) or nervous Norman (Samer Salem)? Far more entertaining than it deserves to be, much of this can be put down to Hale, who is so adept at shaping this sort of material. It also helps that the script will keep you guessing for far longer than you would expect. And it nails the online dating minefield... 2025, 15, 97MIN

Engrossed: Lucy

Beach talk: Nicolas

PSYCHOLOGICAL THRILLER

The Surfer

Friday, 12.35pm & 8pm, Sky Premiere ★★★★

Taking his son (Finn Little) to the Australian beach where he grew up in order to surf, Nicolas Cage encounters hostile locals, led by Julian McMahon, who humilate him and order them off their territory. And so begins a cycle of insanity that descends upon Cage – bit by bit – as he starts to lose everything, including his mind. Beautifully directed by Lorcan Finnegan in shimmering gold and burnt umber, it's also possibly the most claustrophobic movie made outdoors, recalling that other infamous Ozploitation movie, 1971's *Wake in Fright*. A deranged Cage is always worth the price of admission and he dominates proceedings magnificently, but McMahon's wildly OTT take on toxic masculinity is also a sight to see. It's a tense, sweaty experience. 2025, 15, 99MIN

COMEDY DRAMA

The Mountain

Saturday, 6.20am & 4.30pm, Sky Premiere ★★★★

An incredibly warmhearted tale from New Zealand, one that shows off the country's fabulous wilderness and its very particular sense of humour. Elizabeth Atkinson is a 12-year-old with cancer, but is determined to climb local mountain Taranaki in the mystical hope it will cure her with its Māori magic. Along with her are two other misfit boys (Reuben Francis and Terence Daniel) with their parents chasing after them. This terrific trio of young actors show real chemistry in a movie that deals with some heavy subjects, but does it with charm and comedy. 2024, PG, 89MIN

The great outdoors: Terence, Elizabeth and Reuben

Intense: Vicky and Emma

DRAMA

Hot Milk

From Friday, Mubi ★★★★

Emma Mackey shines in this beguiling take on Deborah Levy's acclaimed novel. She plays the repressed, shackled daughter of Fiona Shaw (also brilliant), a perennially ill woman looking to cure her suspiciously elusive ailments in Spain, under the care of Vincent Perez's (possibly charlatan) doctor. Becoming involved with a hippie seamstress (Vicky Krieps), Mackey attempts to create a life for herself. Or is her relationship with her mother simply toxic symbiosis? The movie gives no easy answers with its dreamlike structure, so that we're unsure of what is real and what's not. 2025, 15, 93MIN

Films

ACTION ADVENTURE

Mission: Impossible – The Final Reckoning

From Monday, to buy or rent from digital stores ★★★

Tom Cruise's final outing as daredevil spy Ethan Hunt brings the *Mission: Impossible* film series to a climax with an epic 169-minute adventure. Yet despite some edge-of-the-seat action involving typically audacious, breakneck stunts from the star, the movie as a whole feels overblown.

Picking up the story where the last movie, *Dead Reckoning*, left off, *Final Reckoning* is basically rogue agent versus rogue AI, with Cruise continuing his race against time to prevent the renegade AI known as the Entity from triggering global nuclear annihilation.

At its best the *Mission: Impossible* franchise has delivered white-knuckle thrills that have constantly teetered on the edge of absurdity – we know it is all ridiculous, but so do the filmmakers. *The Final Reckoning* certainly has its share of breathless action, but this time a sense of fun is missing. Even Simon Pegg's comic-relief sidekick isn't that funny. Hayley Atwell injects some welcome spark and death-defying Cruise remains a force of nature, but if the movie had jettisoned its ponderous self importance it would have been much more enjoyable. 2025, 12, 169MIN

We know someone who's not afraid of heights: Tom

Hidden gems Great movies you might have missed...

DRAMA

Clouds of Sils Maria

Disney+ ★★★★

With much of the action revolving around the staging of a play, this beguiling meditation on acting and ageing finds three contrasting performers each at the top of their game. Juliette Binoche, Kristen Stewart and Chloë Grace Moretz play, respectively, a celebrated movie star, her savvy personal assistant, and a young Hollywood hotshot with a scandalous private life. It's talky, but the interplay between the women is mesmerising. 2014, 15, 124MIN

MELODRAMA

I Am Love

Prime Video & BFI Player ★★★★

Tilda Swinton gives yet another awe-inspiring performance in this superb, beautifully intricate melodrama, playing the Russian wife to an Italian (Gabriele Ferzetti) whose aristocratic family runs a textile empire in Milan. She's the outsider who begins an affair with her son's friend (Edoardo Gabbriellini), with terrible consequences. Swinton's commitment to the part was such that she learned to speak Italian with a Russian accent. 2009, 15, 109MIN

ACTION THRILLER

Rebel Ridge

Netflix ★★★★

A resourceful ex-Marine (Aaron Pierre) falls foul of a small-town police force and uses his combat skills to turn the tables on his adversaries in this gripping action thriller. Director Jeremy Saulnier ratchets up the tension as Pierre gives a quietly commanding performance, while there's effective support from Don Johnson as the police chief and AnnaSophia Robb as a dogged court clerk who becomes the hero's solitary ally. 2024, 15, 131MIN

Saturday 16 August

PERIOD BIOPIC

The Electrical Life of Louis Wain

10.10pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

An ideally cast Benedict Cumberbatch is artist Louis Wain in this stylised, off-kilter biopic that spans his life from 1881 to 1925. Wain – who's also presented as a wannabe boxer, opera writer and inventor – is credited with popularising cats as pets with his surreal, cartoony feline paintings, but lacked the business nous to earn the financial reward to match his work's popularity. Claire Foy provides the film's heart and is also perfect as governess Emily Richardson who, in a class-crossing taboo, becomes his wife, and they make a home for themselves with their adopted moggy. It's funny and moving, and more than a cute curiosity. 2021, 12, 111MIN

Cat call: Benedict and Claire

CLASSIC THRILLER

Rear Window

2pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

Temporarily housebound with a broken leg, bored photographer James Stewart passes time by watching his neighbours – and soon suspects one (Raymond Burr) of murder. Alfred Hitchcock's meticulous thriller stays inside Stewart's apartment and shares his point of view for almost all its length. That turns the audience into a set of voyeurs, too, and the ensuing game Hitchcock plays with both his star and viewers makes for a model of humour-soaked suspense. Hitch's cameo is about half an hour in, winding the clock in the songwriter's apartment. 1954, PG, 112MIN

DRAMA

War Horse

2.15pm, BBC1 (1.45pm Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Steven Spielberg skilfully directs this film of Michael Morpurgo's heart-rending World War One tale of a Devon farm boy (Jeremy Irvine) and how his beloved horse ended up at the Front. While the film doesn't quite capture the emotional intensity of the book, it effectively portrays the horrors of the war and the tragedy of so many horses put to work until they dropped. Some scenes – such as the eerily beautiful and doomed cavalry charge through long grass – are unforgettable. Peter Mullan and Emily Watson play Irvine's hard-up parents. 2011, 12, 147MIN

DRAMA

Queen & Slim

12m't, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Righteous anger surges through this road-movie drama that begins with a white cop pulling over a black couple. Slim (Daniel Kaluuya) and Queen (Jodie Turner-Smith) have just endured a dismal first date, but after the needlessly aggressive encounter they end up as outlaw fugitives. The stars' chemistry is gorgeous as their burgeoning romance unfolds against a backdrop of resonant land- and townscapes, but politics are always there. 'Why do black people have to be excellent?' asks Slim. 'Why can't we just be ourselves?' 2019, 15, 132MIN

PERIOD DRAMA

The Favourite

12.25am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Wielding sharp words rather than daggers, Emma Stone and Rachel Weisz are cut-throat rivals for the affections of Olivia Colman's needy Queen Anne in director Yorgos Lanthimos' scintillating comedy drama set in early-18th-century England. As the duo vie and scheme for the upper hand, the movie delivers fizzing wit, sumptuous costumes and sets, and three stars at the top of their game – Colman's performance winning her an Oscar. 2018, 15, 119MIN

■ Full listings start on p35

Sunday 17 August

MUSICAL

Wicked

11.50am, Sky Premiere ★★★★

Sex ●●● Violence ●●● Language ●●●

Giving us the back story for the Wicked and Good Witches from the 1939 classic *The Wizard of Oz*, the blockbuster hit Broadway musical comes to the screen full of splashy pizzazz. Cynthia Erivo delivers a powerhouse performance as green-skinned outsider Elphaba, while pop superstar Ariana Grande is a comic revelation as vain, entitled Galinda (later Glinda the Good). The pair's frenemy relationship at Oz's witch university is the story's beating heart in a long film (which only tells the musical's first half, with part two out in November), but the larger-than-life performances and colourful song-and-dance numbers hold the attention. 2024, PG, 161MIN

Any witch way: Cynthia and Ariana

CLASSIC DRAMA

On the Waterfront

11.30am, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A masterpiece of 1950s cinema, this gripping, moving drama won eight Oscars, including one for Marlon Brando in his iconic role as dock worker Terry Molloy who takes on Lee J Cobb's crooked union boss, Johnny Friendly. Brando's 'I could have been a contender!' exchange with Rod Steiger is the most famous moment, but his scenes with Eva Marie Saint and the one on the tenement roof with his racing pigeons are also put across with a rare tenderness and that amazing ending almost makes being beaten up seem like a work of art. 1954, PG, 108MIN

ANIMATION

How to Train Your Dragon

2.55pm & 9.35pm, Sky Favourites ★★★★★

Sex ●●● Violence ●●● Language ●●●

This enchanting first film is a triumph for its gripping, robust story, laid-back sense of humour and fantastic visuals. It spectacularly re-creates a mythical Viking era in which (according to the book by Cressida Cowell) there be dragons. Jay Baruchel provides the voice of teen hero Hiccup, who while in training at dragon-slayers school, secretly befriends a wounded beast, America Ferrera is Astrid, the feisty girl he takes a shine to, and Gerard Butler is Hiccup's warlike father, Stoick. 2010, PG, 98MIN

CLASSIC CAPER

The Italian Job

6.25pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

'You were only meant to blow the bloody doors off.' That line from this Swinging Sixties caper comedy is still one of the funniest in British cinema history. Michael Caine is the master thief plotting to steal a fortune in gold bullion in Turin, using the technical know-how of Benny Hill's computer expert and the financial clout of Noël Coward's imprisoned crime lord to aid him in his quest. But the real stars of the show are, of course, the Mini Coopers in the unforgettable getaway chase – and that cliffhanger ending is also hard to beat. 1969, PG, 100MIN

THRILLER

The Silence of the Lambs

10pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

This lip-smacking version of Thomas Harris' bestseller provided us with one of the screen's most memorable villains. Anthony Hopkins' gleaming portrayal of psychiatrist-turned-cannibal serial killer Hannibal Lecter dominates this electrifying thriller and earned him one of the film's five Oscars. Jodie Foster was also rewarded for her quietly compelling performance as rookie FBI agent Clarice Starling, who needs Lecter's help in her pursuit of the latest murderer at large. 1990, 18, 119MIN

■ Full listings start on p45

Weekday movies over page

Monday 18 August

DRAMA

The Post

4pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1971, newspaper publisher Kay Graham (Meryl Streep) and *Washington Post* editor Ben Bradlee (Tom Hanks) team up to expose the lies of US President Nixon's government over Vietnam, paving the way for Watergate. Even though we know the outcome, Steven Spielberg's drama is compelling viewing and is also a rousing salute to the news media. The age of hot metal typesetting may be long gone, but the notion of embattled journalists going up against duplicitous politicians is still topical. 2017, 12, 116MIN

Write stuff: Tom and Meryl

COMEDY

School of Rock

8pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Richard Linklater's comedy stars an ideally cast Jack Black as a failed heavy metal guitarist who poses as a substitute teacher in order to earn some quick cash. Arriving at Joan Cusack's posh prep school, he decides to loosen up his class of nerdy overachievers by moulding them into a rock band. Black's his usual lovably slobbish self, the kids are cute and the film has a likeable charm. 2003, PG, 109MIN

BIOPIC

The Theory of Everything

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Eddie Redmayne picked up awards galore for his remarkable portrayal of astrophysicist Stephen Hawking in this stirring biopic. His co-star Felicity Jones warrants equal praise for her fiercely tender portrayal of Jane Wilde, the arts student who became Hawking's first wife and whose tenacity arguably helped keep him alive in the years after he was diagnosed with motor neurone disease at the age of 21. 2014, 12, 123MIN

ACTION

Wrath of Man

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Jason Statham is a cash-truck driver with a murky past in this caper written and directed by Guy Ritchie. After two blood-soaked incidents, it becomes obvious that Statham's H is not who he says he is. The script is comically macho, while the plot flashes back and forth in whiplash-inducing fashion. Beyond that, though, this is an exciting, fast-paced revenge flick, with a scenery-chewing cast including Josh Hartnett and Andy Garcia. 2021, 15, 119MIN

HORROR

Antlers

1.40am, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

In a crumbling, poverty-stricken Oregon town ravaged by the opioid crisis, Jesse Plemons' sheriff and his teacher sister Keri Russell cross paths with a boy (Jeremy T Thomas) whose family home is dominated by a demonic presence. A cadaverous Scott Haze goes the extra mile as the lad's meth-making father in this unnerving and grittily realistic horror fable. 2021, 15, 99MIN

■ Full listings start on p55

Tuesday 19 August

SCI-FI ACTION

In the Lost Lands

Available now, Netflix ★★★★

Sex ●●● Violence ●●● Language ●●●

A wild and woolly mash-up of westerns, sci-fi and magic, it's no surprise this is based on a short story from *Game of Thrones* author George RR Martin. Milla Jovovich plays a witch in a hellish post-nuclear future, who teams up with Dave Bautista's hunter to cross the barren lands outside their religion-fixated city in order to kill a werewolf. It's all as daft as it sounds, but Jovovich's director husband Paul WS Anderson has a ball, making for a surprisingly entertaining blast. Starts 14 August. 2025, 15, 101MIN

Shooting star: Milla

FAMILY COMEDY

The SpongeBobs SquarePants Movie

4.20pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

This jolly first film adventure of the kids' TV show sees the goofy sponge hero and his starfish pal Patrick on a quest to retrieve Neptune's stolen crown and save the life of Mr Krusty Krabs who is suspected of the crime. In reality, the culprit is the evil Plankton, who plans to usurp Krabs' fast-food franchise. David Hasselhoff gamely sends himself up in a hilarious cameo appearance. 2004, U, 87MIN

WORLD CINEMA

And Then We Danced

1.50am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

In conservative Tbilisi, Georgia, competitive dancer Merab (Levan Gelbakhiani) juggles dance classes with work and family pressures as he attempts to do right by his girlfriend. But when new student Irakli (Bachi Valishvili) pitches up, Merab is sent into an emotional tailspin. As they circle each other on and off the dance floor, the sexual tension crackles in an elegant and heartfelt drama that hardly puts a foot wrong. Subtitled. 2019, 15, 113MIN

ANIMATION

Home

5.40pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

A lonely, accident-prone alien befriends an equally lonely teen in this animated sci-fi comedy adventure. The set-up is hardly out of this world, but the starry voice cast provides plenty of breezy fun. Jim Parsons voices the alien, a blobby tentacled creature called Oh, while Rihanna (whose songs feature prominently) is the girl, who is left behind after Oh's timid race, the Boov, invade Earth and deport all the humans to Australia. 2014, U, 94MIN

COMEDY THRILLER

Skincare

2.10am, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

Elizabeth Banks' skincare expert is about to launch a cosmetic range when her email is hacked and grotesque missives sent to her clients, her tyres are slashed and her customers switch to new facial celebrity Angel (Luis Gerardo Méndez). Frantic, she gets 'life coach' Lewis Pullman to help her, but time is running out... A neat thriller that switches between high camp and sweaty tension. 2024, 18, 96MIN

■ Full listings start on p65

Wednesday

ADVENTURE

Gladiator II

10.20am & 5.25pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Paul Mescal looks the part in Ridley Scott's sequel to his 2000 epic, though lacks the commanding presence of original star Russell Crowe. However, Scott piles on the action to spectacular effect in what is effectively a

Sword spot: Paul

ANIMATION

Cloudy with a Chance of Meatballs

11.10am, Sky Animation ★★★★

Sex ●●● Violence ●●● Language ●●●

A delicious treat, this quirky animated comedy follows a young inventor, Flint Lockwood (voiced by Bill Hader), who is hailed as a hero after he invents a rocket that sends junk food down from the sky. Inspired by the beloved children's picture-book by Judi and Ron Barrett, the film will appeal to children and adults alike with its good-hearted be-yourself message. 2009, U, 90MIN

ACTION

Uncharted

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

This fun, globetrotting adventure serves as a prequel to the videogames. It stars Tom Holland as Nathan Drake, who's recruited by his estranged brother's partner, Sully (Mark Wahlberg), to search for the lost treasure of Magellan, along with Sully's associate (Sophia Ali). Director Ruben Fleischer's action-packed film revels in all its clues and secret passages, while the stars bring plenty of energy to their roles. 2022, 12, 116MIN

20 August

remake of the first film, thrusting Mescal's noble warrior into the Roman arena and pitting him against all manner of foes, including a rhino, ferocious baboons – and even sharks. Amid the brutal fights to the death, Denzel Washington steals the film as the wily gladiator owner who's using Mescal's hero for his own ends. 2024, 15, 155MIN

COMEDY

Tamara Drewe

11pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

Posy Simmonds' shrewd and slyly satirical graphic novel becomes an entertaining romp in the hands of director Stephen Frears and a spot-on cast. Gemma Arterton is perfect as the ugly duckling-turned-beautiful swan who causes emotional havoc when she returns to her childhood home in a quiet Dorset village and soon has three men (Luke Evans, Dominic Cooper and Roger Allam) vying for her affections. 2010, 15, 111MIN

THRILLER

Nightcrawler

1.15am, Sky Favourites ★★★★

Sex ●●● Violence ●●● Language ●●●

Part scathing media satire, part scorching crime thriller, this film stars Jake Gyllenhaal as a misfit who prowls LA, shooting grisly scoops for sensation-hungry TV stations. Gyllenhaal is brilliant and gets super support from Rene Russo, as a cynical TV news editor who buys his stories, and Riz Ahmed, as a homeless man he hires as his assistant. 2014, 15, 117MIN

■ Full listings start on p75

Thursday 21 August

SCI-FI

Nope

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A disquieting and strange trip is in store in writer-director Jordan Peele's clever third movie (following *Get Out* and *Us*). The story gets off to a killer start before focusing on siblings Daniel Kaluuya and Keke Palmer, whose family has provided well-wrangled horses to Hollywood for generations. But something very odd and extremely scary is happening in the isolated gulch they inhabit, so they set out to record it. A shrewd melding of genres, this is full of wonderment, dread and surprises. 2022, 15, 130MIN

Eye on the sky: Daniel

WAR CLASSIC

The Bridge on the River Kwai

5.15pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

Seldom has the folly of war been depicted with such power as in director David Lean's epic drama set along the infamous 'Death Railway' in World War Two Burma. In one of his best performances, Alec Guinness (winning one of the film's seven Oscars) plays the stiff-upper-lipped British PoW whose troops are forced to construct a strategically vital bridge for the Japanese. 1957, PG, 161MIN

THRILLER

The Dry

5.50pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

The drought-hit land around an Outback town is fertile territory for secrets and lies in this gripping thriller based on Jane Harper's hit novel. Eric Bana is superb as a haunted cop forced to go back to his hometown after his childhood pal has, apparently, shot his wife and kid then turned the gun on himself. But Bana's presence opens up bitter wounds of a murder 20 years before, which he may know more about than he's letting on... 2020, 15, 117MIN

COMEDY

The Hangover

9.50pm, Sky Favourites ★★★★

Sex ●●● Violence ●●● Language ●●●

Following a stag do in Vegas, Bradley Cooper, Ed Helms and Zach Galifianakis find they've lost groom Justin Bartha and all memories of the night before – but have gained a tiger, a chicken and a baby! The trio's bleary-eyed efforts to find their pal, get him married and return the lost property is the making of a hilarious film that also takes in sweet Heather Graham, angry Ken Jeong and boxer Mike Tyson. 2009, 15, 100MIN

COMEDY

The Adventures of Priscilla, Queen of the Desert

11.40pm, BBC1 (12.10am Scot, 12.20am Wls, not NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

Drag artists Terence Stamp, Hugo Weaving and Guy Pearce take an eventful drive from Sydney to Alice Springs in a ramshackle bus called *Priscilla*. Making the most of the witty, gag-laden script, the stars get into the spirit of things in this comedy that revels in its striking imagery. 1994, 15, 103MIN

■ Full listings start on p85

Friday 22 August

HORROR

Birth / Rebirth

Starts today, Netflix ★★★★

Sex ●●● Violence ●●● Language ●●●

A superb, female-centred take on the *Frankenstein* story, director Laura Moss' film is more medical ickiness than outright horror. It sees the experiments of Marin Ireland's autistic pathologist doctor, Rose, able to bring six-year-old Lila (AJ Lister) back to life, but – along with Lila's mum, Celie (Judy Reyes) – she must harvest the fluid of pregnant women to keep the girl alive… Touching on maternal bonds and what being alive actually means, this makes for both fascinating and engrossing viewing. 2023, 15, 98MIN

Staying alive: AJ

MUSICAL

A Star Is Born

8pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Previously filmed in 1937, 1954 and 1976, this showbiz saga proves as fresh as ever thanks to co-writer-director-star Bradley Cooper and Lady Gaga. He's a hard-drinking country-rock star and she's a struggling singer-songwriter who fall in love, but as her career takes off his begins to slide... Gaga is electrifying and Cooper is similarly wonderful. The film was nominated for eight Oscars and won for best song, *Shallow*. 2018, 15, 136MIN

ACTION

How I Spent My Summer Vacation

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

Mel Gibson plays an out-and-out rogue in this scuzzy and darkly comic thriller. First seen at the wheel of a hurtling getaway car dressed as a clown, Gibson's nameless crook crashes through the US-Mexico border fence and ends up locked up in a spectacularly grungy Mexican jail. Befriending a scrappy kid, he hatches a plot to get out and strike back at his old enemies... 2012, 15, 96MIN

ACTION

Fast & Furious Presents Hobbs & Shaw

10.20pm, Sky Fast ★★★

Sex ●●● Violence ●●● Language ●●●

An entertaining spin-off vehicle for Dwayne Johnson's lawman Luke Hobbs and Jason Statham's mercenary Deckard Shaw. They team up to stop cyber-enhanced terrorist Idris Elba and, in an unfortunately prophetic plot strand, the deadly virus he plans to wield. Helen Mirren and Vanessa Kirby add fizz to the antics and the ensuing action is every bit as OTT as the main series. 2019, 12, 131MIN

PERIOD MYSTERY

The Prestige

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Pay close attention to writer-director Christopher Nolan's fiendishly intricate mystery about two Victorian illusionists (Hugh Jackman and Christian Bale), whose friendship turns to bitter rivalry. With the help of a magician's assistant (Scarlett Johansson), the two men set out to destroy each other's careers, while Michael Caine and David Bowie are also involved. 2006, 12, 130MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live

THE MAIN EVENT

LIVE RUGBY UNION

England v USA

Friday, kick-off 7.30pm, BBC1

As host nation and top-ranked team, England start as strong favourites for the 2025 Women's Rugby World Cup when the tournament kicks off on home soil this week.

The event has sold more tickets than any previous World Cup, with a sell-out capacity crowd set to attend the showpiece final at Twickenham on Saturday 27 September.

This time, the World Cup has been expanded to 16 teams for the first time since 2002, and includes all four home nations, debutants Brazil and holders New Zealand, who have won six of the last seven contests, defeating England in five of those finals.

The action begins at Sunderland's Stadium of Light on Friday when two-time champions England take on the USA, winners of the first tournament in 1991, with all 32 matches shown live across the BBC.

Someone who knows all about lifting the trophy is former England fly-half Katy Daley-McLean, who captained the Red Roses to their last World Cup win in 2014, and who is part of the BBC team. Here, she talks us through the tournament…

Women's Rugby WORLD CUP

World Cup winner and BBC expert **Katy Daley-McLean** gives us the lowdown...

THE CONTENDERS

England have been on a winning streak since their World Cup final defeat to New Zealand in 2022, and the Red Roses will be aiming to lift the trophy for a third time following victories in 1994 and 2014. Head coach John Mitchell has youth and experience in his squad, including flanker Marlie Packer, who has played in the last three World Cup finals.

'England are my favourites,' says Daley-McLean. 'Canada will be in contention, and have talisman Sophie de Goede back from injury, but as long as England stay focused, I can't see anybody beating them.'

THE HOME NATIONS

The opening Pool B clash between Wales and Scotland is Daley-McLean's 'tie of the round' and she believes Wales have what it takes to get out of the group.

'After winning in Australia last month, there has been a huge momentum shift for Sean Lynn's side. On the flip side, Scotland have had a lot of internal instability with head coach Bryan Easson set to leave the job after the World Cup, so I think Wales will have the edge.' Meanwhile, Ireland must cope with the loss of Erin King, who was Breakthrough Player of the Year in the 2024: 'Ireland had a phenomenal Six Nations, but they don't have the depth to replace Erin.'

Women's World Cup holders New Zealand

PLAYERS TO WATCH

'You will see some of the best rugby players in the world on this stage,' says Daley-McLean, who expects prop Sarah Bern to shine for host nation England and back row Alex Callender to stand out for Wales. 'It's also wonderful to see Emma Wassell back for Scotland after having tumour surgery. I'm also looking forward to seeing a couple of other Scottish players – Fran McGhie and Evie Gallagher. They have the spark to set the tournament alight.'

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

Carlos Alcaraz and Emma Raducanu

Italy's Jannik Sinner

LIVE TENNIS

US Open

Tuesday & Wednesday, Sky Sports Main Event & Sky Sports Tennis

There are big changes in New York as the US Open stages a new two-day mixed doubles event that precedes the main tournament, which begins on Sunday 24 August. Sixteen pairings will compete for a $1 million first prize at Flushing Meadows in a stellar line-up that sees Carlos Alcaraz team up with Emma Radacanu, Jack Draper partner Paula Badosa, Wimbledon champion Jannik Sinner join forces with Emma Navarro, and Venus Williams play alongside Reilly Opelka.

As organisers seek to encourage the top players to compete in mixed doubles, the stand-alone event will see just four games required to win a set (apart from in the final) and a 10-point tie break instead of a third set. The new format has been criticised for placing profit before the careers of established mixed doubles teams.

(From left) Scotland's Rachel Malcolm, Wales' Alex Callender, England's Zoe Aldcroft and Ireland's Sam Monaghan

THE POOLS

POOL A
USA, England, Australia, Samoa

POOL B
Canada, Scotland, Wales, Fiji

POOL C
New Zealand, Ireland, Japan, Spain

POOL D
France, Italy, South Africa, Brazil

Wallabies' Will Skelton

LIVE RUGBY UNION

The Rugby Championship

Saturday, Sky Sports Action & Sky Sports +

Fresh from denying the Lions a series whitewash, Australia face another stern test as the annual southern-hemisphere tournament begins. Wallabies stars Will Skelton and Rob Valetini travel to Johannesburg's Ellis Park to face holders and world champions South Africa in the opening fixture (k-o 4.10pm, Sky Sports Action), followed by Argentina against New Zealand in Córdoba (k-o 10.10pm, Sky Sports+). The concluding fixture – Argentina v South Africa on 4 October – will be held at Twickenham.

LIVE FOOTBALL

Manchester United v Arsenal

Sunday, kick-off 4.30pm, Sky Sports Premier League & Sky Sports Main Event

The Premier League season begins in earnest over the weekend (see page 11), with Old Trafford staging the pick of the opening fixtures when Ruben Amorim's Red Devils take on Mikel Arteta's Gunners. A host of big-money signings are set to make their debuts on Sunday, including Swedish striker Viktor Gyökeres, who will be hoping to end Arsenal's 22-year title drought, and United's Brazilian forward Matheus Cunha, who scored 15 goals for Wolves last season. This is the ninth consecutive season that United have kicked off their campaign in front of their home fans.

Manchester United's Matheus Cunha

Moses Itauma

LIVE BOXING

Moses Itauma v Dillian Whyte

Saturday, 5.45pm, DAZN

This pay-per-view heavyweight bout is an all-British affair as Kent's undefeated 20-year-old Moses Itauma, who was born in Slovakia, takes on veteran Dillian Whyte in Saudi Arabia, with Itauma having stopped 10 of his 12 opponents since turning professional. The card also sees Liverpool's WBA featherweight champion Nick Ball defend his belt against Australia's Sam Goodman.

Sport A-Z and football planner »»

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Christmastime with André Rieu
LIVE IN MAASTRICHT

Departs 13 Dec 2025

The King of Waltz will return to his hometown of Maastricht in December for a magical, fun-filled and Christmas-themed evening! With his 60-piece Johann Strauss Orchestra, world-famous repertoire of romantic waltzes and a witty showmanship like no other, André Rieu continues to dazzle audiences with his legendary homecoming concerts.

So much included...

- Return coach travel* & ferry crossings
- 3 nights at a selected 3 or 4★hotel in Belgium/Germany/the Netherlands with breakfast
- André Rieu concert ticket (Block L2)
- Excursion to a Christmas market or festive European town
- Free time in Maastricht

Single supplement from £160

4 DAYS FROM ONLY **£419** PER PERSON

Thursford Christmas Spectacular
& NORWICH CHRISTMAS MARKETS

Departs 28 Nov 2025

This magical break is the perfect way to get in the festive spirit! Step into an enchanting winter wonderland of twinkling lights, charming decorations plus fairground carousels and get ready to enjoy the Thursford Christmas Spectacular, the biggest Christmas show of its kind in Europe!

So much included...

- Return coach travel*
- 3 nights at a selected 4★Warner Coastal Village, Lowestoft with dinner & breakfast
- Entertainment every evening
- Entrance to the Thursford Christmas Spectacular
- Excursion to Norwich Christmas Markets

Single supplement from £60

ABBA Voyage
LIVE IN LONDON

2 DAYS FROM ONLY **£249** PER PERSON

Departs until Dec 2025

So much included...

- Return coach travel*
- Overnight stay at a selected 3 or 4★ hotel with breakfast
- Ticket to ABBA Voyage at the ABBA Arena with coach transfers (dancefloor, standing)
- Free time in London for shopping & sightseeing

Upgrade to a seated ticket for £30pp

Single supplement from £60

Christmas Carols
AT THE ROYAL ALBERT HALL

2 DAYS FROM ONLY **£199** PER PERSON

Departs 14 Dec 2025

So much included...

- Return coach travel*
- Overnight stay at a selected 3 or 4★hotel outside London with breakfast
- Ticket to the Christmas Carols concert at the Royal Albert Hall (Rear Circle seat)
- Free time in London for shopping & sightseeing

Ticket upgrades available

Single supplement from £50

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Las Vegas Raiders v San Francisco 49ers
Sat 9pm Sky Sports Action

LIVE New York Giants v New York Jets
Sat 12m't Sky Sports Action & Sat 1am Sky Sports Main Event

LIVE Kansas City Chiefs v Chicago Bears
Fri 1.20am Sky Sports Main Event & Sky Sports Action

ATHLETICS

LIVE Kamila Skolimowska Memorial
Sat 3pm BBC2
The Diamond League meeting at Silesian Stadium in Chorzów, Poland.

LIVE Athletissima
Wed 7pm BBC2
Diamond League at Stade Olympique de la Pontaise in Switzerland.

LIVE AG Memorial Van Damme
Fri 7pm BBC3
The Diamond League event at King Baudouin Stadium in Belgium.

AUSTRALIAN RULES

LIVE Geelong Cats Women v North Melbourne Tasmanian Kangaroos Women
Sat 6.30am TNT Sports 3

LIVE Hawthorn v Melbourne
Sat 7am TNT Sports 1

LIVE GWS Giants Women v Essendon Women
Sat 8.30am TNT Sports 3

LIVE Brisbane Lions Women v Hawthorn Women
Sat 3.30am TNT Sports 3

LIVE North Melbourne v Richmond
Sat 4am TNT Sports 2

LIVE St Kilda Women v Adelaide Crows Women
Sat 5am TNT Sports 4

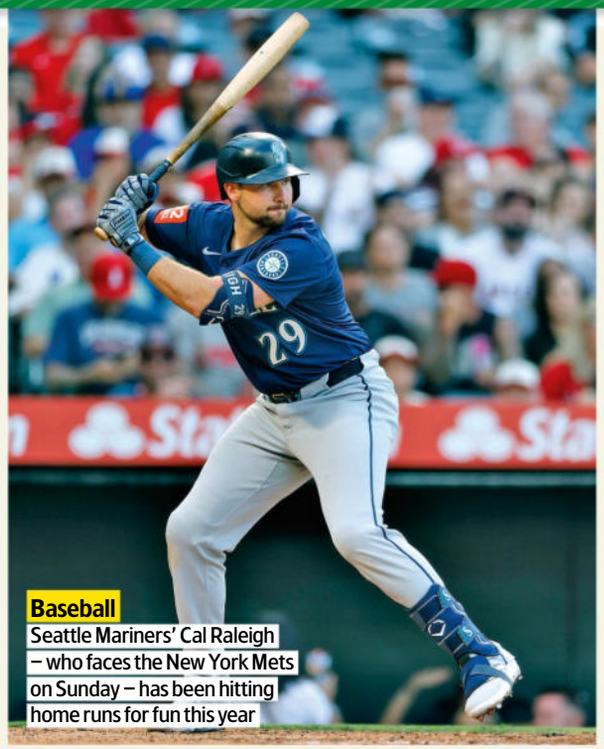
LIVE Sydney Swans v Geelong Cats
Sun 6am TNT Sports 3

LIVE Port Adelaide Women v Fremantle Women
Sun 7am TNT Sports 4

LIVE Western Bulldogs v West Coast Eagles
Sun 7.30am TNT Sports 1

LIVE AFL
Thu 10.15am TNT Sports 1

LIVE AFL
Fri 10am TNT Sports 3



Baseball
Seattle Mariners' Cal Raleigh – who faces the New York Mets on Sunday – has been hitting home runs for fun this year

LIVE AFL
Fri 11am & 3.30am TNT Sports 4

LIVE AFL
Fri 4am TNT Sports 1

LIVE Collingwood Women v GWS Giants Women
Fri 4am TNT Sports 3

BASEBALL

LIVE Toronto Blue Jays v Texas Rangers
Sat 8pm TNT Sports 2

LIVE St. Louis Cardinals v New York Yankees
Sat 12m't TNT Sports 2

LIVE Washington Nationals v Philadelphia Phillies
Sun 6.30pm TNT Sports 1

LIVE Los Angeles Dodgers v San Diego Padres
Sun 9.30pm TNT Sports 3

LIVE New York Mets v Seattle Mariners
Sun 12m't TNT Sports 1

LIVE Kansas City Royals v Texas Rangers
Mon 12.30am TNT Sports 1

LIVE MLB
Tue 11.30pm TNT Sports 1

LIVE Detroit Tigers v Houston Astros
Wed 6pm TNT Sports 4

LIVE Tampa Bay Rays v New York Yankees
Wed 12.30am TNT Sports 1

LIVE Kansas City Royals v Texas Rangers
Thu 7pm TNT Sports 1

LIVE New York Yankees v Boston Red Sox
Thu 12m't TNT Sports 1

LIVE Milwaukee Brewers v San Francisco Giants
Fri 1am TNT Sports 2

BASKETBALL

LIVE Las Vegas Aces v Dallas Wings
Sun 8.30pm TNT Sports 4

COMBAT SPORTS

LIVE UFC 319 Prelims
Sat 1am TNT Sports 1

LIVE Dricus du Plessis v Khamzat Chimaev
Sat 3am TNT Sports 1

CRICKET

LIVE Australia v South Africa
Sat 10.15am TNT Sports 4
The Twenty20 match in Cairns.

LIVE Trent Rockets Women v Southern Brave Women
Sat 10.45am Sky Sports Cricket & Sky Showcase
The Hundred game at Trent Bridge.

LIVE Trent Rockets Men v Southern Brave Men
Sat 2pm Sky Sports Cricket
The Hundred game at Trent Bridge.

LIVE Oval Invincibles Women v Welsh Fire Women
Sat 2.25pm Sky Sports Mix
The Hundred match at The Oval.

LIVE Oval Invincibles Men v Welsh Fire Men
Sat 5.30pm Sky Sports Cricket & 5.45pm BBC2
The Hundred game at The Oval.

LIVE Antigua & Barbuda Falcons v Barbados Royals
Sat 11.30pm TNT Sports 4

LIVE Manchester Originals Women v Northern Superchargers Women
Sun 10.45am Sky Sports Cricket & 11am Sky Sports +
The Hundred game at Old Trafford.

LIVE Manchester Originals Men v Northern Superchargers Men
Sun 2pm Sky Sports Cricket
The Hundred game at Old Trafford.

LIVE Birmingham Phoenix Women v London Spirit Women
Sun 2.25pm Sky Sports Mix & Sun 2.30pm Sky Sports +

LIVE St Kitts & Nevis Patriots v Trinbago Knight Riders
Sun 3.30pm TNT Sports 2

LIVE Antigua & Barbuda Falcons v St Lucia Kings
Sun 11.30pm TNT Sports 2

LIVE Birmingham Phoenix Men v London Spirit Men
Sun 5.30pm Sky Sports Cricket & 7.30pm Sky Sports Main Event
The Hundred match at Edgbaston.

LIVE Southern Brave Women v Oval Invincibles Women
Mon 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event
The Hundred clash at the Rose Bowl.

LIVE Southern Brave Men v Oval Invincibles Men
Mon 6pm Sky Sports Cricket
The Hundred clash at the Rose Bowl.

LIVE Australia v South Africa
Mon 5.15am TNT Sports 1
The opening ODI from Cairns.

LIVE Trent Rockets Women v Manchester Originals Women
Tue 2.45pm BBC2 & Sky Sports Cricket; 3pm Sky Sports Main Event
The Hundred game at Trent Bridge.

LIVE Trent Rockets Men v Manchester Originals Men
Tue 6pm BBC2, Sky Sports Main Event & Sky Sports Cricket
The Hundred game at Trent Bridge.

LIVE St Kitts & Nevis Patriots v Saint Lucia Kings
Tue 11.30pm TNT Sports 2

LIVE Welsh Fire Women v Southern Brave Women
Wed 11.15am Sky Sports Cricket & 11.30am Sky Sports Main Event
The Hundred clash at Sophia Gardens.

LIVE Welsh Fire Men v Southern Brave Men
Wed 2.30pm Sky Sports Main Event & Sky Sports Cricket
The Hundred clash at Sophia Gardens.

LIVE London Spirit Women v Northern Superchargers Women
Wed 2.55pm Sky Sports Mix
The Hundred match from Lord's.

LIVE London Spirit Men v Northern Superchargers Men
Wed 6pm Sky Sports Main Event & Sky Sports Cricket
The Hundred match from Lord's.

LIVE Antigua & Barbuda Falcons v Trinbago Knight Riders
Wed 11.30pm TNT Sports 2

LIVE Oval Invincibles Women v Trent Rockets Women
Thu 2.45pm Sky Sports Cricket
The Hundred match at The Oval.

LIVE Oval Invincibles Men v Trent Rockets Men
Thu 6pm Sky Sports Cricket
The Hundred match at The Oval.

LIVE St Kitts & Nevis Patriots v Barbados Royals
Thu 11.30pm TNT Sports 2

LIVE Australia v South Africa
Thu 4am TNT Sports 1
The second ODI from Mackay.

LIVE Birmingham Phoenix Women v Welsh Fire Women
Fri 2.45pm Sky Sports Cricket
The Hundred game at Edgbaston.

LIVE Birmingham Phoenix Men v Welsh Fire Men
Fri 6pm Sky Sports Cricket
The Hundred game at Edgbaston.

LIVE Antigua & Barbuda Falcons v Guyana Amazon Warriors
Fri 11.30pm TNT Sports 1

CYCLING

LIVE Men's Tour of Denmark
Sat 2pm TNT Sports 4
Coverage of the fifth and final stage.

LIVE Men's Tour of Czechia
Sat 2.30pm TNT Sports 4 & Sun 1.15pm TNT Sports 1
Stages four and five of the race.

LIVE Women's Tour of Romandie
Sun 11am TNT Sports 1
The third and final stage.

LIVE Men's Cyclassics Hamburg
Sun 2.45pm TNT Sports 1
The annual one-day race.

LIVE Men's Renewi Tour
Wed & Thu 2.30pm, Fri 2.15pm TNT Sports 1
Stages one to three of the race.

LIVE Men's Tour of Germany
Wed 3.30pm, Thu 1pm & Fri 2pm TNT Sports 3
Prologue, and stages one and two.

GOLF

LIVE Danish Championship
Sat 11.30am & Sun 11am Sky Sports Golf
Days three and four in Copenhagen.

LIVE BMW Championship
Sat 4pm & 6pm, Sky Sports Golf & 7.45pm Sky Sport +; Sun, 4pm & 5pm, Sky Sports Golf & 9pm, Sky Sports Main Event
Days three and four from Maryland.

LIVE Portland Classic
Sat & Sun 11pm Sky Sports Golf; Sat 11pm & Sun 9pm Sky Sports Mix & Sun 11pm Sky Sports Main Event
Days three and four from Oregon.

LIVE US Amateur Championship
Sun 12m't Sky Sports Main Event & Sky Sports Golf
The Finals from San Francisco.

LIVE British Masters
Thu & Fri 12.30pm Sky Sports Main Event & Sky Sports Golf
Days one and two of the event at The Belfry in Wishaw, Warwickshire.

LIVE Tour Championship
Thu & Fri 6pm Sky Sports Golf; Thu 6pm Sky Sports Main Event
Days one and two of the tournament at East Lake Golf Club in Atlanta.

LIVE Canadian Women's Open
Fri 2pm Sky Sports +
Day two from Ontario, Canada.

LIVE LIV Golf
Fri 5pm ITV4
The final tournament of the season staged at St John's in Michigan.

HORSE RACING

LIVE Newbury, Newmarket and Ripon
Sat 1.30pm ITV4

LIVE Ebor Meeting
Wed-Fri 1.30pm ITV1
Days one to three in York.

LIVE Racing League
Thu 5.30pm ITV4
The fifth round in Newcastle.

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Football planner

MOTORCYCLING

LIVE MotoGP
Sat 7.30am & 11.45am, Sun 8.30am TNT Sports 2
The Grand Prix of Austria.

LIVE MotoGP Rookies Cup
Sat 3.45pm & Sun 7.30am TNT Sports 2
The Grand Prix of Austria.

LIVE MotoGP
Fri 8am & 12.15pm TNT Sports 2
The Grand Prix of Hungary practice.

MOTORSPORT

LIVE MotoE
Sat 11am & 3pm TNT Sports 2
The Grand Prix of Austria.

LIVE NASCAR
Sat 12m't Premier Sports 2
The Cook Out 400 in Virginia.

LIVE British Touring Car Championship
Sun 10.45am ITV4
Round seven at Knockhill.

LIVE Motocross World Championship
Sun 12noon & 3pm TNT Sports 4

LIVE MotoE
Fri 4pm TNT Sports 2
Grand Prix of Hungary qualifying.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

LIVE US Open 9-Ball Pool
Fri 5pm & 12m't Sky Sports Mix

RUGBY LEAGUE

LIVE Brisbane Broncos Women v Parramatta Eels
Sat 6.15am Sky Sports Mix (Kick-off 6.15am). NRLW.

LIVE New Zealand Warriors v Canberra Raiders
Sat 8.15am Sky Sports Mix (Kick-off 8.15am). NRLW.

LIVE Brisbane Broncos v Dolphins
Sat 8.30am Sky Sports Action (Kick-off 8.30am). NRL.

LIVE Hull FC v Leigh Leopards
Sat 5pm Sky Sports + (Kick-off 5.30pm). The Super League match at MKM Stadium.

LIVE Wests Tigers v St George Illawarra Dragons
Sat 2.50am Sky Sports Mix (Kick-off 2.50am). NRLW.

LIVE Cronulla-Sutherland Sharks v Gold Coast Titans
Sat 4.45am Sky Sports Mix (Kick-off 3.45am). NRLW .

LIVE North Queensland Cowboys v Canterbury-Bankstown Bulldogs
Sun 9.15am Sky Sports Mix (Kick-off 9.15am). NRLW.

LIVE St Helens v Huddersfield Giants
Sun 2.15pm BBC2 (Kick-off 2.30pm). Super League action from Totally Wicked Stadium.

LIVE Leeds Rhinos v Hull Kingston Rovers
Thu 7.30pm Sky Sports Action & Sky Sports + (Kick-off 8.00pm). Super League action from Headingley Stadium.

LIVE Penrith Panthers v Canberra Raiders
Fri 9am Sky Sports Action (Kick-off 9.00am). NRL.

LIVE Melbourne Storm v Canterbury Bulldogs
Fri 11am Sky Sports Action (Kick-off 11.00am). NRL.

LIVE St Helens v Hull FC
Fri 7.30pm Sky Sports Action & Sky Sports + (Kick-off 8.00pm). Super League action from Totally Wicked Stadium.

RUGBY UNION

LIVE Free State Cheetahs v Western Province
Sat 12.55pm Sky Sports Action (Kick-off 1.00pm). Currie Cup.

LIVE South Africa v Australia
Sat 4pm Sky Sports Action (Kick-off 4.10pm).
The Rugby Championship game from Ellis Park Stadium. See p29.

LIVE Argentina v New Zealand
Sat 10pm Sky Sports + (Kick-off 10.10pm). Rugby Championship action from Estadio Mario Alberto Kempes. See p29.

LIVE Hawke's Bay v Canterbury
Fri 8.05am Sky Sports Mix (Kick-off 8.05am). NPC.

LIVE England v USA
Fri 6.30pm BBC1 (Kick-off 7.30pm). The Women's World Cup match from the Stadium of Light in Sunderland. See p28.

SAILING

LIVE SailGP
Sun 1pm TNT Sports 3

SNOOKER

LIVE Saudi Masters
Sat 11am & 5.30pm TNT Sports 3; Sat 6pm TNT Sports 1
The final in Jeddah, Saudi Arabia.

TENNIS

LIVE Cincinnati Open
Sat 4pm, Sun 6pm & 11pm, Mon 8pm Sky Sports Tennis; Sat 8.30pm & Mon 11pm Sky Sports Main Event; Sun 6pm & Mon 8pm Sky Sports +
Days 10 to 12 from Mason, Ohio.

LIVE WTA and ATP Tours
Sun 10pm, Mon 1am, Tue & Wed 2am, Thu 3am & Fri 10.30pm Sky Sports +; Sun 10pm & 1am, Mon 4pm & 1am, Tue 11pm, Wed & Thu 4pm & 3am, Fri 10.30pm Sky Sports Tennis; Mon 1am, Tue 11pm, Wed 10.30pm & 3am, Thu 3am & Fri 10.45pm Sky Sports Main Event

LIVE US Open Qualifying
Mon & Wed 4pm, Tue 4pm & 9.45pm, Thu 4pm & 10.15pm Sky Sports +; Mon, Tue & Thu 4pm, Wed 6pm Sky Sports Mix
Days one to four at Flushing Meadows in New York. See p29.

LIVE WTA Monterrey Open
Mon-Thu 3.30am Sky Sports Main Event; Mon-Thu 3.30am & Fri 2.30am Sky Sports Tennis; Tue-Thu 6am, Fri 6am & 2.30am Sky Sports +
Days one to five at Club Sonoma.

LIVE US Open
Tue 4pm & Wed 12m't Sky Sports Tennis; Tue 10.30pm & Wed 12m't Sky Sports Main Event
The mixed doubles event. See p29.

LIVE ATP Winston-Salem Open
Fri 9pm Sky Sports Tennis
The semi-finals from North Carolina.

LIVE PREMIER LEAGUE

Aston Villa v Newcastle United

Saturday, kick-off 12.30pm, TNT Sports 1

Both sides finished on 66 points last season with the Magpies pipping Unai Emery's team to a place in the Champions League on goal difference. Villa have been boosted by Boubacar Kamara signing a new deal with the club.

LIVE LA LIGA

Real Mallorca v Barcelona

Saturday, kick-off 6.30pm, Premier Sports 1

As LaLiga begins, on-loan Marcus Rashford is set to debut in Barcelona's first game in defence of their title. In a new deal, Disney+ is screening one Saturday-night match a week, beginning with Valencia v Real Sociedad (k-o 8:30pm).

LIVE PREMIER LEAGUE

Chelsea v Crystal Palace

Sunday, kick-off 2pm, Sky Sports Main Event

The first of the Premier League's 42 London derbies kicks off at Stamford Bridge where Chelsea have new stars including Jamie Gittens and João Pedro. On Friday, the Blues face former boss Graham Potter at West Ham (k-o 8pm).

Saturday 16

LIVE Wrexham v West Bromwich Albion
11am Sky Sports Main Event & Sky Sports Football; 12noon ITV1 (kick-off 12.30pm)
The Championship match.

LIVE Aston Villa v Newcastle United
11am TNT Sports 1 (kick-off 12.30pm)
Premier League clash at Villa Park.

LIVE Derby County v Coventry City
12.25pm Sky Sports + (kick-off 12.30pm)
The Championship match.

LIVE Wolverhampton Wanderers v Manchester City
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
Premier League encounter.

LIVE Rangers v Alloa Athletic
5.15pm Premier Sports 1 (kick-off 5.45pm)
Scottish League Cup clash at Ibrox.

LIVE Mallorca v Barcelona
6.25pm Premier Sports 2 (kick-off 6.30pm)
The LaLiga fixture.

LIVE VfB Stuttgart v Bayern Munich
7.20pm Sky Sports Football (kick-off 7.30pm)
The Bundesliga Supercup match.

LIVE Cremonese v Palermo
8.30pm Premier Sports 1 (kick-off 8.15pm)
The Coppa Italia first-round match.

LIVE Valencia v Real Sociedad
8.30pm Disney+ (kick-off 8.30pm)
The LaLiga clash.

LIVE Kansas City Current v Orlando Pride
9pm TNT Sports 4 (kick-off 9pm)

Sunday 17

LIVE Ipswich Town v Southampton
11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12noon)
The Championship match.

LIVE Chelsea v Crystal Palace
1pm Sky Sports Main Event (kick-off 2pm)
The Premier League match from Stamford Bridge.

LIVE Nottingham Forest v Brentford
1pm Sky Sports Premier League (kick-off 2pm)
The Premier League match from the City Ground.

LIVE Celta Vigo v Getafe
3.55pm Premier Sports 1 (kick-off 4pm) LaLiga.

LIVE Hibernian v Aberdeen
4pm BBC Alba (kick-off 4.10pm)
SWPL at Meadowbank Stadium.

LIVE Manchester United v Arsenal
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
The Premier League match from Old Trafford. See p29.

LIVE Parma v Virtus Entella or Ternana
5.25pm Premier Sports 2 (kick-off 5.30pm)
The Coppa Italia first-round match.

LIVE Athletic Bilbao v Sevilla
6.25pm Premier Sports 1 (kick-off 6.30pm) LaLiga.

LIVE AC Milan v Bari
8.10pm Premier Sports 2 (kick-off 8.15pm)
The Coppa Italia first-round match.

LIVE Espanyol v Atlético Madrid
8.25pm Premier Sports 1 (kick-off 8.30pm) LaLiga.

Monday 18

LIVE Hellas Verona v Avellino or Audace Cerignola
4.55pm Premier Sports 1 (kick-off 5pm)

LIVE Leeds United v Everton
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
The Premier League encounter from Elland Road.

LIVE Elche v Real Betis
7.55pm Premier Sports 1 (kick-off 8pm)

LIVE Torino v Modena
8.10pm Premier Sports 2 (kick-off 8.15pm)
The Coppa Italia first-round match.

Tuesday 19

LIVE Walsall v Grimsby Town
7.30pm Sky Sports Football & 7.45pm Sky Sports Main Event (kick-off 8pm) League Two.

LIVE AFC Wimbledon v Cardiff City
7.35pm Sky Sports + (kick-off 7.45pm) League One.

LIVE Champions League
7.45pm TNT Sports 1 & TNT Sports 2 (kick-off 8pm)
Play-off round first-leg action.

LIVE Real Madrid v Osasuna
7.55pm Premier Sports 1 (kick-off 8pm) LaLiga.

Wednesday 20

LIVE Bolton Wanderers v Reading
7.30pm Sky Sports Football & 7.45pm Sky Sports Main Event (kick-off 8pm)
The League One match.

LIVE Champions League
7.45pm TNT Sports 1, TNT Sports 2 & TNT Sports 3 (kick-off 8pm)
Play-off round first-leg action.

Friday 22

LIVE West Ham United v Chelsea
7pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
Coverage of the Premier League match from the London Stadium.

LIVE Raith Rovers v Dunfermline Athletic
7.30pm BBC Scotland (kick-off 7.45pm)

LIVE Derby County v Bristol City
7.30pm Sky Sports Football (kick-off 8pm)
The Championship match.

LIVE Real Betis v Alavés
8.25pm Premier Sports 1 (kick-off 8.30pm) LaLiga.

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Saturday

16 August

Evening Planner

Football

Premier League
TNT Sports & Sky Sports
As the new season starts in earnest, today's live coverage features Aston Villa v Newcastle and Wolves v Man City.

Documentary

24 Hours: The Japanese Surrender
C4, 8.10pm
Examining the reluctance of the Japanese to down arms against the Allies.

Drama

One Night
ITV1, 9.30pm (box set, ITVX)
Jodie Whittaker stars as a woman who has to relive a traumatic event when one of her friends writes a book about it.

Football

Match of the Day
BBC1, 10.20pm
We're ushering in a new era of the show, with Gabby Logan, Mark Chapman and Kelly Cates sharing presenting duties.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.30 Michael McIntyre's...	7.35 Pointless Celebrities		8.25 Casualty	9.10 Annika		10.00 News	10.20 Match of the Day
	102 BBC2	‹ 5.45 The Hundred Live: Oval Invincibles Men v Welsh Fire Men (Start-time 6.00)				9.10 Roy Orbison at the...	9.45 Roy Orbison and Friends: A Black and...		10.45 Roy...
	103 ITV1		7.30 Who Wants to Be a Millionaire?...		8.30 The 1% Club		9.30 One Night		10.30 News
	104 CHANNEL 4		7.10 Our Farm Next Door: Amanda, Clive...		8.10 24 Hours: The Japanese Surrender	9.10 Griff's Great American South		10.10 Film: The Electrical Life of Louis...	
	105 5	7.10 Secrets of the Royal Palaces		8.10 The Dorchester Park Lane: A Luxury...		9.10 Andrew & Fergie: The Duke & Duchess of Excess			10.40 When 80s TV...
	106 SKY SHOWCASE	7.00 The Simpsons			8.30 An Idiot Abroad		9.30 Film: Star Trek Beyond		
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Gavin & Stacey		10.00 Two Pints of Lager and a Packet of...	
	116 BBC4		7.10 Miss Marple: At Bertram's Hotel			9.00 Beck			10.30 Film: Hounds
	118 ITV2	‹ 6.45 Film: School of Rock				9.00 Film: Pitch Perfect 2			
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	‹ 5.00 Film: Titanic				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 The White Lotus		10.10 The Gilded Age	
	110 U&GOLD		7.25 Gavin & Stacey	8.00 Red Dwarf			9.20 Mrs Brown's Boys	10.00 Only Fools and Horses	
	111 U&DAVE	7.00 Gavin & Stacey				9.00 I'm Alan Partridge			
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 5.00 World Series of Darts: New Zealand Masters				9.00 English Football League Highlights			10.30 Film: Rocky...
	112 COMEDY CENTRAL	7.00 Friends		8.00 Michael McIntyre's Big Show		9.00 Russell Howard: Wonderbox		10.00 Film: Ted 2	
	139 SKY SCI-FI	7.00 Star Trek: Voyager							
	113 SKY MAX	7.00 The Walking Dead		8.00 An Idiot Abroad		9.00 Rob & Romesh vs Darts		10.00 Strike Back: Vendetta	
	109 U&ALIBI	7.00 Maisie Raine		8.00 Father Brown		9.00 Death in Paradise			
	124 SKY ARTS	‹ 6.30 Sheryl Crow: Miles from Memphis				9.00 Tina Turner – What's Love Live			
	132 U&W	7.00 Nurses on the Ward				9.00 Ghosts			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Divers				9.00 Naked and Afraid: Last One Standing		10.00 Ed Stafford: Man Woman Child Wild	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Construction Fails		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Cursed Treasures				9.00 The UnXplained with William Shatner			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 Classic Car Kings	
	121 SKY DOCS	7.00 Chernobyl: The Lost Tapes				9.00 The Essex Murders			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.05 Sonic the Hedgehog 3		8.00 Saturday Night				10.00 Long Gone Heroes	
	302 FAVOURITES	‹ 6.00 Pitch Perfect		8.00 The Holiday					10.20 A Star Is Born
	303 HITS	‹ 5.35 Jerry Maguire		8.00 Bridget Jones: The Edge of Reason			9.50 Bridget Jones's Baby		
	304 GREATS	‹ 6.00 Shane		8.00 The Firm					10.35 Lawless
	305 ANIMATION	‹ 5.50 Antz	7.20 Rango			9.10 Paws of Fury: The Legend of Hank			
	306 ADVENTURE	‹ 6.00 Jumanji		8.00 Sonic the Hedgehog 3				10.00 Bookworm	
	307 ACTION	‹ 5.35 Wonder Woman		8.00 American Sniper					10.15 Django Unchained
	308 COMEDY	‹ 6.10 Two Weeks Notice		8.00 Daddy's Home 2			9.50 Anyone But You		
	309 THRILLER	‹ 5.45 Ocean's Thirteen		8.00 There Will Be Blood					
	310 DRAMA	‹ 6.10 Five Easy Pieces		8.00 Dunkirk				9.55 A Different Man	
	311 SCI-FI	‹ 6.10 Men in Black 3		8.00 A Quiet Place			9.40 A Quiet Place: Day One		
	313 FILM4	‹ 6.45 Men in Black: International				9.00 Nobody			
SPORT	401 MAIN EVENT	‹ 5.00 SNF – Live: Wolverhampton Wanderers v Manchester City			8.30 Tennis – Live: The Cincinnati Open				
	402 PREMIER LEAGUE	‹ 5.00 SNF – Live: Wolverhampton Wanderers v Manchester City			8.30 Game of the Day				10.30 Premier...
	403 FOOTBALL	7.00 EFL...	7.20 Bundesliga Supercup – Live: VfB Stuttgart v Bayern Munich (Kick-off 7.30)				9.45 EFL Highlights		
	405 CRICKET	‹ 5.30 The Hundred Live – Oval Invincibles Men v Welsh Fire Men (Start-time 6.00)				9.00 The Hundred Bitesize			10.15 The Hundred
	410 TNT SPORTS 1	‹ 6.00 Saudi Masters Snooker – Live: Coverage of the second session of the final				9.00 International T20 Cricket Highlights			10.15 Rise of the UFC
	411 TNT SPORTS 2	7.00 MLB Highlights		8.00 MLB – Live: Toronto Blue Jays v Texas Rangers (Start-time 8.07)					

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With actor Ralf Little. (S)
11.30 **Nadiya's Everyday Baking** (S)(R)
12.00 NOON **Football Focus** (S)
12.30 PM **BBC News** (S)
12.45 **Bargain Hunt** (S)(R)(AD)
1.30 **Money for Nothing** (S)(R)
2.15 FILM **War Horse** Director Steven Spielberg's epic screen adaptation of Michael Morpurgo's much-loved tale. Stars Jeremy Irvine, Peter Mullan and Emily Watson. (S)(AD) (2011, 12, 135min) ★★★★
4.30 **Final Score** Results round-up. (S)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **The Hit List** New edition 5/9. Contestants from Warrington, Peterborough and Glasgow take part in the music-based quiz. (S)

9.10 Annika

6 PM

6.30 **Michael McIntyre's Big Show** Rylan hands over his phone in Send to All, there is music from Joel Corry and Tom Grennan, and an unsuspecting *Antiques Roadshow* fan gets the biggest surprise of their life. (S)(R)

7 PM

7.35 **Pointless Celebrities** Series finale Jess Robinson, Danny Beard, Esther Manito, Rich Hall, Jane Hill, Ben Boulos, Wynne Evans and Joanna Page compete in a star-studded version of the quiz show. (S)

8 PM

8.25 **Casualty** Iain confronts Jacob about the missing morphine, Nicole is worried that Ngozi is planning to move away, and Stevie wonders what is causing Flynn's strange behaviour. (S)(AD)

9 PM

9.10 **Annika** 3/6. The team investigate when a Scottish millionaire is found dead in his own shark tank, leading Annika to reflect on Jekyll and Hyde. (S)(R)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.20 NEW **Match of the Day** Mark Chapman presents action from the opening round of Premier League matches, including Wolverhampton Wanderers v Manchester City and Aston Villa v Newcastle United. *See feature, page 11*. (S)
■ More tomorrow at 10.30pm
11.40 NEW SERIES **The Football Interview** Conversations with leading football personalities, beginning with Wayne Rooney. (S)
12.00 M'T FILM **Queen & Slim** Crime drama starring Daniel Kaluuya. (S) (2019, 15, 120min) ★★★★
2.00 AM **Weather for the Week Ahead**
2.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.40 AM **Children's Programmes**
9.05 **Gardeners' World** (S)(R)
10.05 FILM **The Long Hot Summer** Steamy melodrama starring Paul Newman and Orson Welles. (S) (1958, PG, 115min) ★★★★
12.00 NOON **Best Bakes Ever** (S)(R)
12.25 PM FILM **Richard III** Laurence Olivier's classic screen version of Shakespeare's play. The power-hungry Richard Crookback will stop at nothing to gain the throne of England. With Claire Bloom. (S) (1955, U, 155min) ★★★★★
3.00 LIVE **Athletics: Diamond League Silesia** The Kamila Skolimowska Memorial, the 12th meeting of the season, held at the Silesian Stadium in Chorzów, Poland. (S)
5.00 **Flog It!** From the Boconnoc estate in the Cornish countryside. (S)(R)

9.45 Roy Orbison and Friends

5.45 LIVE **Cricket: The Hundred** Oval Invincibles v Welsh Fire: Alex Hartley and Rick Edwards present coverage of the men's match at the Kia Oval, London. The Invincibles claimed a 10-run victory when the sides met in Cardiff last year, with Adam Zampa taking three wickets and Donovan Ferreira scoring 30 runs for the victors, who went on to win the title for the second successive season. With analysis from Phil Tufnell, Carlos Brathwaite and Steven Finn. Start-time is at 6.00. (S)

9.10 **Roy Orbison at the BBC** A selection of performances by the singer-songwriter, featuring hits including *Only the Lonely* and *Oh, Pretty Woman*. (S)(R)
9.45 **Roy Orbison and Friends: A Black and White Night** The musician performs his greatest hits with Bruce Springsteen, Tom Waits, Elvis Costello, Jackson Browne, kd lang and Jennifer Warnes. (S)(R)
10.45 **Roy Sings Orbison** The singer performs some of his greatest hits. (S)(R)
11.15 **Roy Orbison: One of the Lonely Ones** Biography of the singer and musician, casting new light on the triumphs and tragedies that beset his life and career. (S)(R)
12.15 AM FILM **I Saw the Light** Biopic of influential country singer Hank Williams, starring Tom Hiddleston, Elizabeth Olsen and Cherry Jones. (S) (2015, 15, 115min) ★★★
2.10 **Sign Zone: Parenthood** (S)(R)(AD)
3.10 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Ainsley's Good Mood Food** (R)
6.30 **The Chase** Quiz show. (S)(R)
7.30 **Cooking with the Stars** (S)(R)(AD)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Charley Boorman. (S)(R)
11.40 **ITV News** (S)
12.00 NOON LIVE **Football: EFL** Wrexham v West Bromwich Albion: Coverage of the Championship match. Kick-off 12.30. (S)
2.50 PM **In for a Penny** (S)(R)(AD)
3.35 **Shark! Celebrity Infested Waters** 5/5. (S)(R)(AD)
4.35 **ITV News** (S)
4.45 **Local News** (S)
5.00 FILM **Fantastic Beasts and Where to Find Them** Fantasy. (S)(AD) (2016, 12, 150min) ★★★★

5.00 Fantastic Beasts and Where...

5.00 FILM **Fantastic Beasts and Where to Find Them** (film started at 5.00pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7.30 **Who Wants to Be a Millionaire? Celebrity Special** Comedian and actor Jo Brand and TV presenter Dan Walker take up the challenge, hoping to win £1 million for charity. (S)(R)
8.30 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning £100,000. (S)(R)(AD)
9.30 NEW SERIES **One Night** *Simone:* 1/6. Australian drama starring Nicole da Silva and Jodie Whittaker. A writer is about to have her debut book published, but it becomes clear the story does not exclusively belong to her. (S1) (S)(AD)
■ Entire series on ITVX
10.30 **ITV News** (S)
10.45 **The Jonathan Ross Show: Special Guests** Featuring Jack Black, Stormzy and Grace Jones. (S)(R)
11.15 **English Football League Highlights** Action from the latest EFL fixtures, including Blackburn Rovers v Birmingham City. (S)(R)
12.40 AM **Teleshopping**
3.00 **The Twelve** 4/10. The Crown raises questions about Kate Lawson's artwork. (S1) (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Shark! Celebrity Infested Waters** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.55 AM **Cheers** 11-13/22. (S7) (S)(R)
7.15 **Everybody Loves Raymond** (S)(R)
8.30 **Frasier** 5&6/24. (S10) (S)(R)(AD)
9.30 FILM **Wedding March: Here Comes the Bride** Romance. (S) (2018, PG, 100min) ★★★
11.10 **The Simpsons** (S)(R)(AD)
12.10 PM **Come Dine with Me: The Professionals** (S)(R)
1.10 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
3.40 **Location, Location, Location** Helping house hunters in Belfast and County Down. (S)(R)
4.45 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help a Hamilton couple. (S)(R)(AD)
5.45 **George Clarke's Remarkable Renovations** A couple plan to convert a railway goods shed into their dream home. (S)(R)(AD)

9.10 Griff's Great American South

6.40 **News** (S)

7.10 **Our Farm Next Door: Amanda, Clive and Kids** 4/5. A major snowfall brings stunning landscapes and carefree play days for the children, while builder Richard is hard at work fitting floors, pipes and electrics. (S)(R)(AD)
8.10 NEW **24 Hours: The Japanese Surrender** Documentary exploring Japan's reluctance to surrender to the Allies, delaying the end of World War Two. (S)(AD)
9.10 **Griff's Great American South** New edition 3/6. Griff Rhys Jones explores Alabama, the US state that Americans least want to visit. (S)(AD)
10.10 FILM **The Electrical Life of Louis Wain** Biographical drama starring Benedict Cumberbatch. Artist Louis Wain rises to prominence at the end of the 19th century for his surreal cat paintings. (S) (AD) (2021, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM FILM **The Favourite** Black comedy starring Olivia Colman. (S) (AD) (2018, 15, 125min) ★★★★★
2.30 **Ramsay's Kitchen Nightmares USA** From Baltimore. (S)(SL)(R)
3.20 **The Simpsons** (S)(R)(AD)
4.10 **Jamie's Comfort Food** (S)(R)(AD)
4.20 **Location, Location, Location** (S)(R)
5.15 **to 6.10** AM **George Clarke's Amazing Spaces** (S)(SL)(R)(AD)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.05 Entertainment News (S)
9.10 Bargain-Loving Brits in the Sun Bar owners Shane and Chrissy plan a barbecue. (S)(R)
9.55 Ben Fogle's New Lives in the Country Double bill. (S)(R)
11.50 The Hotel Inspector (S)(R)
2.50 PM **Tales from the Riverbank** Clare Balding tells the stories of Britain's most iconic rivers, beginning with the longest in the country – the Severn. (S)(R)
3.50 Tales from the Riverbank Clare Balding explores the River Dart in Devon. (S)(R)
4.50 One Foot in the Grave: Funniest Moments A celebration of David Renwick's classic sitcom. (S)(R)

8.10 The Dorchester Park Lane

6.10 News (S)
6.15 7 Wonders of the World with Bettany Hughes Series finale 3/3. The Mausoleum of Halicarnassus, Hanging Gardens of Babylon and Temple of Artemis. (S)
7.10 Secrets of the Royal Palaces Behind-the-scenes tales of palace retreats, exploring former royal yacht *Britannia*'s hidden history. (S)(R)
8.10 NEW The Dorchester Park Lane: A Luxury Hotel The history of the hotel in central London, which has hosted The Beatles, Elizabeth Taylor, Dwight D Eisenhower and Britt Ekland. (S)
9.10 NEW Andrew & Fergie: The Duke & Duchess of Excess One-off documentary taking a look at the finances of Prince Andrew and Sarah Ferguson, charting their spending habits, opaque income streams and controversial connections. (S)
10.40 When 80s TV Goes Horribly Wrong Anita Dobson narrates a look back at some disastrous 1980s TV moments, including a Halloween stunt that went wrong for Paul Daniels. (S)(R)
12.40 AM **Million Pound Motorhomes** (S)(R)
1.30 PlayOJO Live Casino Show (S)
3.30 Friends (S10) (S)(R)(AD)
3.55 Warship: Life at Sea (S)(R)
4.45 The Wonderful World of Chocolate (S)(SL)(R)
5.30 to 5.35 AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 Funny Talking Animals (S)(R)
6.50 The Brilliant World of Tom Gates (S)(R)(AD)
7.05 Monkey Life (S)(R)
7.55 Big Cats: An Amazing Animal Family (S)(R)(AD)
8.45 Premier League Years (S)(R)
10.45 LIVE Cricket: The Hundred Trent Rockets Women v Southern Brave Women: Coverage from Trent Bridge. Start-time is at 11.00.
2.00 PM **The Simpsons** (S)(R)
3.00 Gillette Labs Soccer Saturday The latest news from this afternoon's football matches.
5.00 Ancient Superstructures Focusing on the Holy Sepulchre of Jerusalem, the most sacred Christian site in the world. (S)(R)

5.00 Ancient Superstructures

6.00 Pharaohs at War The Battle of Raphia, fought in 217 BC near modern Rafah, which was a pivotal clash between Ptolemaic Egypt and the Seleucid Empire during the Fourth Syrian War. (S)(R)
7.00 The Simpsons *Margical History Tour:* Marge stimulates the children's interest in history. (S)(R) **7.30** *Milhouse Doesn't Live Here Anymore:* Milhouse leaves Springfield. (S)(R)
8.00 The Simpsons *Lisa's Sax:* Bart breaks Lisa's treasured saxophone during a squabble. (S)(R)
8.30 An Idiot Abroad 7/8. Karl Pilkington heads to Peru, where he fails to impress a local tribe with his hunting skills and takes in the ancient Inca city of Machu Picchu. (S)(R)
9.30 FILM Star Trek Beyond Sci-fi adventure starring Chris Pine, Zachary Quinto and Idris Elba. The USS *Enterprise* is lured into a deadly trap, which leaves the crew stranded on an unexplored alien world. With Simon Pegg and Karl Urban. (S) (2016, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 Resident Alien 1/10. Harry must escape an outer-space prison to stop a dangerous threat in town. (S4) (S)(R)(AD)
12.45 AM **The Office (US)** (S)(R)
2.15 Brassic 7/8. Cardi sets out to buy a bunny for Lola's fourth birthday. (S5) (S)(R)(AD)
3.10 Road Wars (R)
5.00 Nothing to Declare (S)(R)(AD)
5.30 to 6.00 AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
12.45pm Bargain Hunt (S)(R) **1.45 FILM** War Horse: Eepic adventure starring Jeremy Irvine, Peter Mullan, Emily Watson. (S)(AD) (2011, 12, 135min) ★★★★ **4.00-4.30pm** Our Lives: Row Hard or Row Home. Around Ireland in 32 Days (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
5.00pm Weatherman Walking (S)(R) **5.30-5.45pm** Flog It! (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Help Llaw **10.15** Jason Mohammad: Stadiymau'r Byd **11.15** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD) **11.45** Y Ci Perffaith **12.15pm** Cymry ar Gynfas **12.45** Prosiect Pum Mil **1.45** Am Dro! – Am Dro Steddfod! **2.45** Taith Bywyd (AD) **3.45** Garddio a Mwy **4.15** Garddio a Mwy **4.45** Cwpwrdd Epic Chris **5.15** Sioe Môn **5.45** Sioe Môn **6.15** Hen Dy Newydd (AD) **7.15** Newyddion a Chwaraeon **7.30** Cymry ar Gynfas **8.00** Noson Lawen **9.00** Rybish **9.30** Canu gyda Fy Arwr **10.30-11.35pm** Prosiect Pum Mil

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Stacey learns her secret pictures have been leaked online. **7.30** Cindy and Elaine realise that George has a new woman in his life. **8.00** Priya and Ravi take out their anger on Suki. **8.30** Priya tells Ravi to stay calm when Joel provokes him.
9.00 Gavin & Stacey 5/6. Gavin embarks on two stag nights. **9.30** 6/6. The day of the wedding arrives. (S1)
10.00 Two Pints of Lager and a Packet of Crisps 6/6. Gaz has a party to celebrate his 30th birthday. (S9) **10.30** 1/6. First episode of the sitcom. Donna tries to keep her mother happy. **11.00** 2/6. Jonny decides to stop being Mr Nice Guy. **11.30** 3/6. Janet attempts to romance Jonny. (S1)
12.00 M'T **Starstruck** 5&6/6. (S1)
12.50 AM **The TikTok Effect**
1.45 Two Pints of Lager and a Packet of Crisps
3.45 to 4.00 AM **Danielle Does Life**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Britain's Wild Places: Storm Geese** The migration of geese to Islay.
7.10 Miss Marple *At Bertram's Hotel – Part One:* The sleuth becomes caught up in the mystery of a missing cleric. **8.05** *At Bertram's Hotel – Part Two:* Canon Pennyfather returns to the hotel.
9.00 Beck Series finale *The Invisible Man:* 2/2. Alex teams up with Vilhelm and Josef to investigate a murder, and the case is linked to an older investigation into the Balcony Man, which brings Martin Beck back to the department. Subtitled. (S10)
■ Entire series on BBC iPlayer
10.30 FILM PREMIERE Hounds Moroccan crime drama starring Ayoub Elaid and Abdellatif Masstouri. A father and son must find a way to dispose of a body for local gangsters. Subtitled. (2023, 15, 94min) ★★★
12.00 M'T **The Good Life**
12.30 AM **Yes, Minister**
1.00 to 2.50 AM **Miss Marple**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.35 Location, Location, Location Catch-up edition.
12.40 PM **George Clarke's Amazing Spaces**
1.40 George Clarke's Old House, New Home
2.45 Ugly House to Lovely House with George Clarke
3.50 Come Dine with Me
6.25 Four in a Bed The contest gets under way at Abbey House in Penrith, Cumbria. **6.55** The owners stay at Compton House in Newark.
7.25 Four in a Bed The third visit is to the White Horse in Ripon, North Yorkshire. **7.55** The final visit is to the Old Farmhouse in Cheshire. **8.30** Payment day arrives.
9.00 24 Hours in A&E An 18-year-old is rushed in after breaking his leg while playing football, and a young man is involved in a high-speed car crash.
10.00 24 Hours in A&E An eight-year-old is rushed in after being crushed by falling bricks, and a six-year-old boy arrives with a metal washer stuck on his finger.
11.05 999: On the Front Line Crews deal with a 19-year-old man who has suffered a motorbike crash.
12.10 AM **Emergency Helicopter Medics**
2.15 24 Hours in A&E
3.20 to 3.50 AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Rude(ish) Tube Shorts**
6.05 The Goldbergs
8.35 Lego Masters Australia
10.00 Ramsay's Kitchen Nightmares USA
12.00 NOON **The Big Bang Theory** Triple bill. (S3&4)
1.30 PM **The Simpsons** Seven episodes, including at: **4.00** *The Dad-Feelings Limited:* Comic Book Guy's origin story is revealed. **4.30** *Diary Queen:* Bart finds his old teacher's diary and learns a surprising secret.
5.00 FILM Titanic James Cameron's Oscar-winning drama starring Kate Winslet and Leonardo DiCaprio. A poor young artist and the rebellious daughter of a wealthy family meet and fall in love on board the doomed ocean liner as it makes its fateful maiden voyage. (1997, 12, 195min) ★★★★
9.00 Celebrity Gogglebox Famous faces appraise *Faking It, Celebrity Bridge of Lies, Silence Is Golden* and *Canal Boat Diaries.*
10.00 Gogglebox Opinions on *The1% Club, The Greatest Auction* and *Made in Chelsea.*
11.05 Gogglebox
12.05 AM **First Dates**
2.15 Below Deck Down Under
4.00 Ramsay's Kitchen Nightmares USA
4.55 to 6.00 AM **Modern Family**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Law & Disorder** Documentary.
7.00 **Sun, Sea and A&E**
8.00 **Motorway Patrol**
9.00 **Caught Red Handed**
12.00 NOON **Stop, Search, Seize**
1.00 PM **Bondi Rescue** Jessie rescues an American tourist from relatively calm waters. **1.30** Lifeguards pursue a knife-wielding suspect in their beach buggy.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.

9.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** A piece of salmon comes up positive for cocaine. **7.30** A mobile X-ray unit inspects rolls of fabric.

8 PM
8.00 **Nothing to Declare** Something sinister is found in a child's laptop. **8.30** A man tries to bring meat through customs.

9 PM
9.00 **Blue Bloods** *Lost Ones:* 11/21. Danny and Baez's investigation into a chess hustler's death becomes complicated. (S13)

10 PM
10.00 **Elsbeth** *Scenes from an Italian Restaurant:* 14/20. The lawyer takes a tour of famous New York City crime scenes. (S2)
11.00 **Law & Order: Special Victims Unit** 2/13. Benson teams up with the FBI. (S25)
12.00 M'T **Bull** 2/16. (S5)
1.00 AM **The Cleaning Lady** (S3)
2.00 **Stop, Search, Seize**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **Urban Secrets**
9.00 **Six Feet Under** 9-11/13. (S3)
12.15 PM **Six Feet Under** (S3)
2.30 **Game of Thrones** 3/10. Tyrion plots to identify Cersei's spy on the small council. **3.35** 4/10. Tyrion struggles to find a way to curb Joffrey's cruel excesses. **4.40** 5/10. Lord Baelish spots a chance to capitalise on the end of the Baratheons' rivalry. **5.45** 6/10. Qhorin gives Jon a chance to prove himself. (S2)

9.00 The White Lotus

7 PM
6.50 **Game of Thrones** *A Man Without Honour:* 7/10. Theon tries to prove his Ironborn status.
7.55 **Game of Thrones** *The Prince of Winterfell:* 8/10. Robb Stark is incensed when he learns he has been betrayed by one of his closest friends. (S2)

9 PM
9.00 **The White Lotus** *That's Amore:* 5/7. Tanya and Portia embark on a whirlwind excursion with Quentin and Jack. (S2)

10 PM
10.10 **The Gilded Age** *My Mind Is Made Up:* 8/8. Bertha finalises the guest list for the ball and faces the fall-out from her actions. (S3)
11.30 **The Sopranos** 4/13. Uncle Junior seeks his revenge. **12.30** AM 5/13. Carmela and Fr Phil share a moment. **1.30** 6/13. Junior is appointed boss of the DiMeo family. (S1)
2.30 **The Sopranos** 7&8/13. (S1)
4.20 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **NCIS: Los Angeles** (S14)
8.00 **SEAL Team** 11-14/22. (S2)
12.00 NOON **Grimm** 7-10/13. (S6)
4.00 PM **The Walking Dead** 11/16. Daryl finds himself in bad company as his group heads to the Hilltop conclave, and Gabriel's faith is tested. **5.00** 12/16. Hilltop's leadership faces a difficult dilemma, and Rick comes face to face with an adversary. **6.00** 13/16. Trouble arises when unexpected visitors arrive at the Hilltop. (S8)

10.00 Strike Back: Vendetta

7 PM
7.00 **The Walking Dead** *Still Gotta Mean Something:* 14/16. Rick and Morgan find themselves in the company of strangers. (S8)

8 PM
8.00 **An Idiot Abroad** 7/8. Karl Pilkington heads to Peru, where he tries to impress a local tribe and visits Machu Picchu.

9 PM
9.00 **Rob & Romesh vs Darts** The comedians play a match at Alexandra Palace during the PDC World Darts Championship.

10 PM
10.00 **Strike Back: Vendetta** 8/10. Section 20 destroy the tanker ship carrying the Albanian mafia weapon stash. (S8)
11.00 **Resident Alien** 1/10. Harry must escape from an outer-space prison. (S4)
12.00 M'T **Creature Commandos**
12.30 AM **Warrior** 10/10. (S1)
1.30 **Road Wars**
2.00 **S.W.A.T.** New episode (S8)
3.00 **Brassic** 7/8. (S5)
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Totally Bonkers Guinness World Records**
7.55 **Dress to Impress**
9.00 **The Princess Diaries**
11.00 **Deal or No Deal**
2.00 PM **Celebrity Catchphrase**
3.05 FILM **Charlotte's Web** Screen version of the classic children's book, starring Dakota Fanning. (2006, U, 97min) ★★★
4.55 FILM **Trolls** Animation with the voices of Anna Kendrick and Justin Timberlake. (2016, U, 92min) ★★★

6.45 School of Rock

7 PM
6.45 FILM **School of Rock** Comedy starring Jack Black and Joan Cusack. A wannabe rock guitarist poses as a substitute teacher at an elite private school and attempts to turn his young pupils into a rock band. (2003, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM
9.00 FILM **Pitch Perfect 2** Comedy sequel starring Anna Kendrick and Rebel Wilson. The Barden Bellas attempt to recover from a disastrous performance by winning the World Championship A Cappella. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Family Guy** 17/20. A body swapping machine breaks. **11.45** 12/20. Stewie goes to see a child psychologist. (S16)
12.15 AM **American Dad!**
1.15 **The Stand Up Sketch Show**
2.15 **Buffering** 5/6. (S1)
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.35 **Lewis** *Old School Ties.*
8.45 FILM **Carry On Behind** Comedy starring Joan Sims. (1975, PG, 90min) ★★
10.45 **Doc Martin** 1&2/8. (S8)
12.50 PM **The Darling Buds of May**
3.05 **Agatha Christie's Marple** *They Do It with Mirrors:* An old friend of Miss Marple, worried about a fire at her family home, contacts the sleuth.
5.00 **Midsomer Murders** *Talking to the Dead:* Two couples vanish from a notorious village.

11.00 Shetland

7 PM
7.00 **Midsomer Murders** *The Magician's Nephew:* A magician becomes the prime suspect when his assistant drops dead on stage, poisoned by the toxins from a tropical frog. Guest stars Ronald Pickup and Stuart Wilson.

9 PM
9.00 **Vera** *The Deer Hunters:* When a suspected poacher is found dead from a single gunshot wound, DCI Stanhope must unearth the truth behind his return to the Northumberland moors after a 15-year absence.
11.00 **Shetland** 1/6. Perez has to reopen an investigation into the 1994 death of local teenager Lizzie Kilmuir. (S4)
12.00 M'T **Shetland** 2/6. (S4)
1.10 AM **The Real Crown: Inside the House of Windsor**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Beechgrove Repotted** Tips on how to tackle troublesome weeds, pests and diseases.
7.25 FILM **Loch Ness** Family drama starring Ted Danson and Joely Richardson. A cynical American scientist comes to Scotland to disprove the existence of the Loch Ness monster. (1995, PG, 101min) ★★★
9.00 **Greetings from Scotland** 1/2. A look at the origins of the nation's tourist industry.
10.00 **Murder Case: The Vanishing Cyclist** 1/2. The hunt for a former naval officer who vanished without trace.
11.00 PM **to 12.00** M'T **Rip It Up** How Scotland experienced a pop resurgence in the 1980s.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S2)
10.15 **Veep** 7-9/10. (S2)
12.00 NOON **Divorce** (S2)
3.30 PM **Sex and the City**
6.30 **The Office (US)** 10/25. Pam accidentally brings lice into the office. **7.00** 11/25. Dwight and Clark decide to pose as father and son. **7.30** 12/25. Jim loses a major investor. **8.00** 13/25. Dwight is tasked with finding a replacement for Jim. **8.30** 14/25. Pam's mural is vandalised. (S9)
9.00 **Divorce** 7/10. Robert decides it's time to re-enter the dating game. **9.35** 8/10. Frances considers leaving her unrewarding job. (S1)
10.15 **Josh Widdicombe: Bit Much...** Stand-up.
11.30 **Girls** 5&6/10. (S5)
12.50 AM **Hung** 9&10/10. (S1)
2.05 **Veep** 1&2/10. (S3)
3.15 **to 5.00** AM **How to Make It in America**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Mozart: Magic Flute**
8.30 **Tales of the Unexpected**
11.15 **Alfred Hitchcock Hour**
1.15 PM FILM **The Great Escape** Classic PoW escape adventure with Steve McQueen, James Garner and Richard Attenborough. (1963, PG, 166min) ★★★★★
4.30 **Dean Martin: A Legend in Concert**
5.30 **Electric Light Orchestra: Live**
6.30 **Sheryl Crow: Miles from Memphis**
9.00 **Tina Turner: What's Love Live** A 1993 concert in California.
11.15 **Tina** A celebration of Tina Turner's career.
1.30 AM **Cyndi Lauper: Live at Last**
3.30 **Johnson & Knopfler's Music Legends**
4.30 **The Great Songwriters**
5.30 **to 6.00** AM **Discovering: Neil Young**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **Let's Game**
8.25 **Silly Pets**
8.35 **Impossible Animals**
8.45 **Isadora Moon**
9.00 **Nothing to Declare**
11.00 **Kenya Wildlife Diaries**
12.00 NOON **Arctic Secrets**
1.00 PM **Gangs of Baboon Falls** Documentary.
2.00 **Wild Dogs: Pack Vs Pride** Documentary.
3.00 **Secret Life of the Tasmanian Devil**
5.00 **Patrick Aryee's Wild World** Costa Rica.
6.00 **Big Beasts: Last of the Giants**
7.00 **Shark: British Isles Special with Steve Backshall** The naturalist goes in search of sharks.
8.00 **Caught on Dashcam**
10.00 **The Force: Manchester**
12.00 M'T **World's Most Evil Killers** Double bill.
2.00 AM **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo**
10.00 **Tipping Point**
1.00 PM **Lingo**
2.00 **Wheel of Fortune**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Three more pairs of contestants take part in the word-based game show hosted by Adil Ray.
7.00 **Lingo** Word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Game show, hosted by Stephen Mulhern, in which one more contestant tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the game show, hosted by Ben Shephard in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.00 M'T **Wheel of Fortune**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Highway to Heaven**
11.00 **Little House on the Prairie** 15&16/22. (S2).
1.00 PM **Little House on the Prairie** 17-22/22. (S2)
7.00 **Little House on the Prairie** *The Collection:* 1/23. The Rev Alden falls ill. With Johnny Cash. **8.00** *Bunny:* 2/23. Nellie Oleson is seriously injured after falling from a horse. (S3)
9.00 FILM **In the Line of Fire** Thriller starring Clint Eastwood as a veteran secret service agent trying to stop a killer assassinating the US President. With John Malkovich, Rene Russo and Gary Cole. (1993, 15, 127min) ★★★★
11.45 **The Avengers** (S6)
3.00 AM **Hart to Hart** (S4)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.25 **Minder**
8.25 **T100 Highlights**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **World of Sport**
11.50 **Cadfael** 4/4. (S1)
1.30 PM **LIVE Racing** Coverage of today's meetings at Newbury, Newmarket and Ripon.
4.00 **Made in Britain**
5.00 **World Series of Darts: New Zealand Masters** A chance to see the quarter-finals, semi-finals and final.

5.00 World Series of Darts

7.00 **World Series of Darts: New Zealand Masters** Further action from day two at Spark Arena in Auckland, featuring the quarter-finals, semi-finals and final. Last year's winner Luke Humphries was expected to be a force once again this year.

9.00 **English Football League Highlights** A round-up of today's action, including Blackburn Rovers v Birmingham City.

10.30 **FILM Rocky Balboa** Drama starring Sylvester Stallone. Former boxer Rocky Balboa is offered the chance to return to the ring to fight the reigning champion. (2006, 12, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Wrestling: AEW Dynamite**
2.30 **Motorsport Mundial**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM 20.0 Megaquake** Disaster thriller with William Baldwin and Grant Bowler. (2022, PG, 90min) ★★
1.00 PM **Star Trek: Enterprise** Five episodes, including at: **5.00** 19/22. Part two of two. Archer commandeers the Defiant to seize control of the entire Terran empire. (S4)
6.00 **Star Trek: Voyager** 11/26. The ship is split into many different time-frames. (S7)

11.00 The Walking Dead

7.00 **Star Trek: Voyager** *Lineage:* 12/26. B'Elanna experiences painful memories when she learns she is pregnant.

8.00 **Star Trek: Voyager** *Repentance:* 13/26. The crew rescue the occupants of a critically damaged prison vessel.

9.00 **Star Trek: Voyager** *Prophecy:* 14/26. The crew of a Klingon ship believe B'Elanna's unborn child is their saviour.

10.00 **Star Trek: Voyager** *The Void:* 15/26. The ship is sucked into a cosmic void and has to compete for survival resources. (S7)
11.00 **The Walking Dead** 22/22. Carol takes Negan on a journey, hoping to minimise the increasing tension. (S10) **12.00** M'T 1/24. Maggie comes up with a new plan to rebuild Alexandria. (S11)
1.00 AM **The Walking Dead** 2-4/24. Triple bill. (S11)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S17)
10.00 **Elementary** 13-15/24. (S5)
12.45 PM **Inspector Alleyn Mysteries** *Death at the Bar.*
3.00 **Father Brown** *The Numbers of the Beast:* The priest walks in on a man standing over the body of his dead wife. **4.00** *The River Corrupted:* Sid returns to Kembleford. **5.00** *The Curse of the Aesthetic:* An artist is killed.
6.00 **Maisie Raine** 5/6. Kelvin is robbed after he wins some money at a casino. (S1)

6.00 Maisie Raine

7.00 **Maisie Raine** *A Blast from the Past:* 6/6. A girl's suicide attempt forces Maisie to reopen a former murder case. (S1)

8.00 **Father Brown** *The Horns of Cernunnos:* The daughter of an old friend of the sleuth is plagued by otherworldly visions.

9.00 **Death in Paradise** *Pirates of the Murder Scene:* 4/8. A body is found, and suspicion falls on the victim's family.

10.00 **Death in Paradise** *Switcharoo:* 5/8. New DI Neville Parker is called in when a woman is found dead in a bathtub. (S9)
11.00 **The Company You Keep** 6/10. Birdie reaches out to an old flame to help the family steal a painting. Meanwhile, Emma grapples with Charlie's admission. (S1)
12.00 M'T **Father Brown**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.01 AM **Are You Being Served?**
7.40 **Sandylands**
8.15 **Porridge**
8.55 **Only Fools and Horses**
1.10 PM **Only Fools and Horses** Eight episodes, including at: **4.45** Del encounters an old flame from almost 20 years previously. With Diane Langton. **5.25** The Trotter brothers attend Grandad's funeral. **6.05** Uncle Albert falls in the pub cellar – but turns it into a profit-making opportunity. **6.45** Rodney joins a band.

8.00 Red Dwarf

7.25 **Gavin & Stacey** Stacey has news for Gavin, Bryn and Jason put their big secret to bed, and Smithy has a chat with Nessa.

8.00 **Red Dwarf** The crew members encounter telepathic predators. **8.40** The crew meet an alien life-form combining all their personalities.
9.20 **Mrs Brown's Boys** A phone call causes the children to suspect one of them may be adopted.

10.00 **Only Fools and Horses** The Trotters agree to dog-sit while Boycie and Marlene go on holiday.

10.40 **Only Fools and Horses** Del sets Rodney up on a date. **11.20** Del asks Denzil to lend him his redundancy money.
12.00 M'T **Men Behaving Badly**
2.00 AM **Here We Go**
2.35 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers Everyday Gourmets** Indulgent dishes.
8.00 **Top Gear USA Special**
9.00 **Cape Carnage: Killer Catch**
11.00 **Top Gear**
12.00 NOON **World's Most Dangerous Roads**
2.00 PM **Our Guy in India**
3.00 **Extreme Fishing with Robson Green** Double bill.
5.00 **Would I Lie to You? The Unseen Bits** A compilation of extra material from the show.
5.40 **Would I Lie to You?** Double bill of the comedy panel show.

9.00 I'm Alan Partridge

7.00 **Gavin & Stacey** First episode. Stacey travels to London to meet Gavin. **7.35** When the couple have their first lovers' tiff, Gavin drives to Barry Island to make amends. **8.15** The couple celebrate their engagement with a party in Billericay.

9.00 **I'm Alan Partridge** A bored Alan goes looking for excitement. **9.40** Alan meets his biggest fan, who manages to ruin Alan's chances of landing an Irish TV series. **10.20** Alan learns that his arch-enemy has died in a bizarre accident.

11.00 **Not Going Out** Double bill of the sitcom with Lee Mack.
12.15 AM **Have I Got a Bit More News for You**
1.20 **Would I Lie to You? The Unseen Bits**
1.55 **Mike** Triple bill of episodes.
3.30 **to 4.00** AM **Judge Romesh**

+1 hour 211/212 327 74 259

Saturday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Kirstie and Phil's Love It or List It: Brilliant Builds**
9.30 **Come Dine with Me**
12.00 NOON **A Place in the Sun** Seven editions.
7.00 PM **A Place in the Sun: What Happened Next?**
8.00 **George Clarke's Kitchen vs Garden**
9.00 **Titanic: Secrets of the Shipwreck** How the doomed ocean liner's wreckage was found.
10.00 **First Dates** A warm-hearted widow hopes to find laughter – and maybe love – again.
11.05 **FILM Greed** Satirical comedy drama starring Steve Coogan, Isla Fisher and David Mitchell. (2019, 15, 104min) ★★★
1.05 AM **Celebrity Gogglebox**
2.10 **Gogglebox**
3.10 **First Dates**
4.10 **Kirstie and Phil's Love It or List It: Brilliant Builds**
4.40 **to 4.55** AM **Kirstie's House of Craft**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S6)
1.00 PM **NCIS** Eight episodes of the drama, including at: **6.00** *And Executioner:* 22/24. Officers find a secret account funding a nationwide network of vigilante justice. **7.00** *Lost Time:* 23/24. The murder of a Marine sergeant is investigated. **8.00** *Daughters:* 24/24. An ex-FBI agent pleads with Gibbs to take down local drug dealers. (S16)
9.00 **Criminal Minds** *Lucky Strikes:* 5/22. Garcia is hit by anxiety over a case with a personal connection to her. **10.00** *The Bunker:* 6/22. Several women go missing in Virginia. (S13)
11.00 **Law & Order: Special Victims Unit** (S17)
12.55 AM **The Resident** (S4)
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S1)
10.00 **Dirty Home Rescue**
12.00 NOON **Shoplifters: Caught Red Handed**
2.00 PM **Nightmare Tenants, Slum Landlords**
4.00 **Call the Bailiffs: Time to Pay Up** Five editions, including at: **7.00** Agents search for a woman who owes nearly £6,000 in legal fees. **8.00** Mark and Virgil have a High Court writ to enforce at a fast-food restaurant.
9.00 **FILM The Bourne Ultimatum** Spy thriller sequel starring Matt Damon, Julia Stiles and Joan Allen. (2007, 12, 115min) ★★★★
11.35 **999: Criminals Caught on Camera** Double bill.
1.35 AM **GPs: Behind Closed Doors** Medical series.
2.25 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Highway Patrol**
9.40 **MacGyver** (S1)
1.45 PM **MacGyver** (S1)
2.45 **FILM The Virginian** Western remake of the classic 1929 film, starring Joel McCrea. (1946, PG, 90min) ★★
4.35 **FILM The Proud Rebel** Western with Alan Ladd and Dean Jagger. (1958, b/w, U, 108min) ★★★
6.50 **FILM The War Wagon** Western starring Kirk Douglas and John Wayne. (1967, U, 96min) ★★★
9.00 **FILM The Patriot** Epic period drama starring Mel Gibson and Heath Ledger. A plantation owner is drawn into the American War of Independence after a British officer shoots one of his children in cold blood. (2000, 15, 167min) ★★★
12.15 **to 4.00** AM **Motorway: Hell on the Highway**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
1.00 PM **Tipping Point**
3.00 **Ski A&E**
7.00 **Nurses on the Ward** A dedicated team of nurses reveal the realities of ward life. **8.00** Paediatric nurse Mahbuba deals with a baby who can't breathe.
9.00 **Ghosts** Alison and Mike go camping while the house is being fumigated. **9.35** Alison invites Lucy to stay, but worries about her real motivations. **10.10** Alison tries to help Kitty to come to terms with her past.
10.45 **Lies, Deceit and Betrayal** Double bill.
12.45 AM **Death at the Mansion: Rebecca Zahau** Documentary.
1.45 **to 3.00** AM **Louis Theroux: Dark States – Heroin Town**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.15 AM **Birds of a Feather**
7.55 **Bergerac**
11.25 **Lovejoy**
1.45 PM **Call the Midwife**
3.05 **Father Brown**
4.05 **Whitstable Pearl**
5.15 **The Upper Hand**
7.00 **The Brokenwood Mysteries** *The Killing Machine:* 3/4. A classic car enthusiast is found dead. (S3)
9.00 **The Count of Monte Cristo** New episode 3/8. Edmond, in disguise, arrives in Marseille only to learn his father is dead and Mercedes has married and moved to Paris. (S1)
■ Entire series on U
10.10 **Judge John Deed** *Hard-Gating:* Deed hears a prison murder case.
12.10 AM **Call the Midwife**
1.30 **The Heart Guy**
2.35 **Birds of a Feather**
3.05 **to 4.00** AM **Lovejoy**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

SATURDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector**
8.00 **Saving Lives at Sea** A teenager is swept out to sea by a rip current.
9.00 **The Yorkshire Auction House** An emotional house clearance in Stockton-on-Tees. **10.00** Angus Ashworth looks through an art deco collection. **11.00** The team face the mammoth task of clearing a collection of bow top caravans.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes**
12.00 NOON **Dickinson's Real Deal** From Shrewsbury.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** With Jade Jones, Arthur Smith, Paul Young and Aljaz Skorjanec. **4.00** With Melanie Sykes, Heather Small, Andrew Castle and Graeme Le Saux.
6.00 **The Chase** Triple bill.
9.00 **The Chase Celebrity Special** Hannah Mills, Chris Ramsey, Dion Dublin and Lesley Garrett compete.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 319 426 42 33

8.00 AM **Wanted: Dead or Alive** Western drama.
8.30 FILM **Triple Cross** Spy thriller. (1966, PG) ★★
11.05 **Wanted: Dead or Alive**
12.35 PM FILM **A Reason to Live, A Reason to Die** Western adventure (1972, PG, 92min) ★★★
2.40 FILM **40 Guns to Apache Pass** Western. (1966, PG, 95min) ★★
4.50 FILM **Cast a Long Shadow** Western with Audie Murphy. (1958, b/w, U, 82min) ★★
6.45 FILM **Hell and High Water** Thriller starring Richard Widmark. (1954, PG, 103min) ★★★
9.00 FILM **Lone Wolf McQuade** Action drama. (1983, 15, 107min) ★
11.25 FILM **Breakout** Thriller. (2013, 15, 85min) ★
1.25 AM FILM **Firequake** Thriller. (2014, 12) ★
3.20 **to 5.00** AM **Cops Uncut**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Sue Thomas: F.B.Eye**
1.00 PM FILM **Aurora Teagarden Mysteries: How to Con a Con** Drama. (2020, PG) ★★
2.55 FILM **Aurora Teagarden Mysteries: Til Death Do Us Part** (2021, PG) ★★
5.00 FILM **Mary Higgins Clark: A Cry in the Night** (1992, PG) ★★
7.05 FILM **Concrete Evidence: A Fixer Upper Mystery** Drama. (2017, PG, 90min) ★★
9.00 FILM **Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama. (2020, PG) ★★
10.55 FILM **No Surrender** Thriller. (2011, PG) ★★
12.55 AM FILM **Killing Your Daughter** (2019, PG) ★★
2.50 **Coast Guard Alaska**
4.00 **to 6.00** AM FILM **The Killer Trainer** Thriller. (2018, 12, 90min) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM FILM **Love in Full Swing** Romantic drama. (2020, PG, 85min) ★★
10.05 FILM **Love at First Dance** Romantic drama. (2018, PG, 90min) ★★
12.00 NOON FILM **Autumn in the City** Drama. (2022, U, 84min) ★★
2.05 PM FILM **Sweet Autumn** Romance. (2020, PG, 84min) ★★
4.00 FILM **Autumn in the Vineyard** Romance. (2016, PG, 84min) ★★
6.00 FILM **Harvest Moon** Drama. (2015, PG) ★★
8.00 FILM **Harvest Love** Romantic drama. (2017, PG, 84min) ★★
9.55 FILM **Moonlight in Vermont** Romance. (2017, PG, 90min) ★★
11.50 FILM **Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
1.55 **to 5.00** AM **Highway to Heaven**
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
8.00 **Lucky Feller** (S1)
8.30 **A Sharp Intake of...**
9.30 **Jokers Wild**
10.00 **Please Sir!** 1/13. (S2)
11.30 **Jokers Wild**
12.00 NOON **That's My Dog**
12.30 PM **In Loving Memory**
1.30 FILM **On the Beat** Comedy. (1962, b/w, U, 101 min) ★★★
3.30 **Jokers Wild**
4.00 **Bubblegum & Cheese**
5.00 **Rewind and Remember**
5.30 **Jokers Wild**
6.00 **We Had One of Those**
6.10 **A Sharp Intake of Breath** 1/7. (S1)
7.10 **Please Sir!** 1-3/13. (S2)
8.40 **The Strange World of Gurney Slade** (S1)
9.15 **In Loving Memory** (S4)
10.15 **Police Woman** (S1)
11.15 **Stereo Underground**
12.15 AM FILM **On the Beat**
2.15 **Jokers Wild**
2.45 **Mysterious Tales**
2.50 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Outback Crystal Hunters** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** Therapists help a recovering alcoholic. **8.00** Help for a hoarder who has filled five houses with clutter.
9.00 **The Bad Skin Clinic** Connor's acne has shattered his confidence. **10.00** An 11-year-old girl who develops skin cancers when exposed to UV light.
11.00 **Body Bizarre** A girl with Moebius Syndrome. **12.00** M'T A person who is just 70cm tall. **1.00** AM A baby in India that weighs as much a six-year-old.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
12.00 NOON **Classic Mary Berry** Double bill.
1.00 PM **James Martin's Brittany** Double bill.
2.00 **James Martin's Champagne** Double bill.
3.00 **Nigel Slater's Simple Suppers** Six editions.
6.00 **Nigel Slater's Dish of the Day** Double bill.
7.00 **Jamie's Easy Meals for Every Day** Double bill.
8.00 **Maneet's Eats** Maneet Chauhan makes crispy spinach and onion pakoras and saag paneer.
8.30 **Nadiya's Fast Flavours** Nadiya Hussain's recipes include sticky BBQ sriracha chicken.
9.00 **Diners, Drive-Ins and Dives** Eight editions..
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

7.00 AM FILM **Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
9.00 **Knight Rider**
2.00 PM FILM **The Lost World** Adventure. (1960, PG, 98min) ★★
3.55 FILM **The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
5.45 FILM **Zulu Dawn** Historical drama sequel. (1979, PG, 121min) ★
8.00 **The Twilight Zone** (S1)
9.00 FILM **How I Spent My Summer Vacation** Darkly comic thriller with Mel Gibson. (2012, 15, 92min) ★★★★
10.55 FILM **Bird on a Wire** Comedy thriller. (1990, 15, 110min) ★★★
1.05 AM FILM **Hard Target** Action thriller. (1993, 18, 95min) ★★★
3.00 **to 5.00** AM FILM **The Guest** Thriller. (2014, 15, 100min) ★★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **The Gambler V: Playing for Keeps** 1&2/2. Western.
10.00 FILM **Biggles: Adventure in Time** Time-travel adventure. (1986, PG, 108min) ★★
12.00 NOON FILM **Asteroid-a-geddon** Action adventure. (2020, PG, 90min) ★★
2.00 PM FILM **Alien Convergence** Thriller. (2017, 15, 90min) ★★
4.00 **The Lost World** (S3)
7.00 **Andromeda** (S1)
9.00 FILM **Criminal** Thriller starring Kevin Costner and Ryan Reynolds. (2015, 15, 113min) ★★★
11.15 FILM **Stratton** Thriller starring Dominic Cooper and Austin Stowell. (2017, 15, 94min) ★★
1.10 **to 3.00** AM FILM **Howl** Horror thriller starring Ed Speleers. (2015, 18, 89min) ★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Container Wars**
8.00 **Pawn Stars**
10.00 **Dickinson's Real Deal**
3.30 PM **World's Most Unexplained...**
4.00 **Ancient Aliens**
7.00 **Ancient Aliens** Definitive proof that humans are not alone in the universe.
8.00 **Close Encounters Down Under** Examining UFO sightings in New South Wales.
9.00 **The Ghost Inside My Child** Documentary featuring children who appear to be a reincarnation of someone else.
11.00 **Weird or What? With William Shatner** The notion of life after death. **12.00** M'T The actor explores the tale of the mysterious Mothman.
1.00 AM **Conspiracy Files: Unsealed** Double bill.
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT
153 166 138 46 133 30

9.00 AM **Inside the Hilton: Park Lane** Documentary.
10.00 **All Creatures Great and Small** Double bill.
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **Digging Up Britain's Past**
7.00 **Wartime Britain: Keep Calm & Carry On** 1/2. A family experience World War Two life.
8.00 **Wartime Britain: Make Do & Mend** 2/2. The family discover tricks to make do and mend.
9.00 **The Great Fog of 1952** The deadly smoke-laden fog that shrouded London for four days.
10.30 **The Great Storm of 1987** Documentary.
12.00 M'T **Drain the Oceans**
1.00 AM **Sunken Warships: Secrets from the Deep**
2.05 **Forged in Fire Armed Forces Tournament**
3.45 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **A Place in the Sun**
10.00 **Mini Reni** Double bill.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Five editions of the series in which people search for their ideal rural retreats.
8.00 **My Dream Derelict Home in the Sun** Scarlette Douglas meets Welsh couple Paula and Spence, who are attempting to convert an abandoned Spanish cave into their dream holiday home in Galera. **9.00** Scarlette meets East Sussex couple Catherine and Dale as they rescue a derelict chapel and hermitage in Catalonia to create a dream family home.
10.00 **Escape to the Country** Triple bill of editions.
1.00 **to 4.00** AM **Home Town**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Too Large** Jennifer thinks surgery is her last chance to regain mobility.
8.00 **Dr Pimple Popper** Four editions, including at: **11.00** A former cruise ship worker wants her back growth removed.
12.00 M'T **My Extreme Excess Skin** A woman who hates her extra skin.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Blockbusters**
10.00 **Michael McIntyre's Big Show** As 8.00pm.
11.00 **Friends** (S6&7)
8.00 PM **Michael McIntyre's Big Show** With Robbie Williams and Ian Wright.
9.00 **Russell Howard: Wonderbox** A stand-up performance in Bristol.
10.00 FILM **Ted 2** Offbeat comedy sequel starring Mark Wahlberg and Amanda Seyfried. (2015, 15, 112min) ★★★
12.15 AM **Kevin Bridges Live in Glasgow** A stand-up show from the SECC.
1.20 **CC Live: Stand Up Shorts** Comedy clips.
1.50 **Whose Line Is It Anyway? USA**
2.50 **South Park** 11/14. (S14)
3.15 **Beavis and Butt-Head**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** 8&9/25. (S5)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S5)
1.00 PM **Everybody Loves Raymond** (S5&6)
7.00 **Friends** 13/24. Phoebe spends a surreal first day at work. **7.30** 14/24. The pals gather to celebrate Rachel's 30th birthday. **8.00** 15/24. Guest stars Susan Sarandon. **8.30** 16/24. Rachel teaches Ben to play pranks on Ross. **9.00** 17/24. Joey and Ross date the same girl. **9.30** 18/24. Joey is nominated for a daytime drama award. (S7)
10.00 **Friends** (S7&8)
2.00 AM **Impractical Jokers**
3.00 **Broad City** 5-10/10. (S3)
5.05 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay
152 160 156

7.00 AM **Four Weddings**
8.00 **The Force: Manchester**
11.00 **Nothing to Declare**
2.00 PM **Blood & Treasure**
7.00 **Highway Patrol**
9.00 **Reginald the Vampire** *The Pompatus Of Love:* 1/10. Reginald faces a life-changing decision, and Maurice assumes an unconventional role. **10.00** *30 Days:* 2/10. A charming feline attends a council meeting as a representative. **11.00** *The Truth About The Truth:* 3/10. A teenager unknowingly befriends an angel. (S2)
12.00 M'T **Reginald the Vampire** 4&5/10. (S2)
2.00 **A League of Their Own US Road Trip** Out-takes and pranks.
3.00 **A League of Their Own Road Trip: Loch Ness to London** Double bill.
5.00 **to 6.00** AM **Celebrity Four Weddings**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.45 **FriendZone**
7.10 **16 and Pregnant**
8.00 **Teen Mom OG**
11.10 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **7.00** Tyler's friends suspect there is something amiss with his online sweetheart. **8.00** Participants reunite to answer questions from fans.
9.00 **Ink Master Redemption**
10.00 FILM **Layer Cake** Gangster thriller starring Daniel Craig and Michael Gambon. A slick London drug dealer finds himself in trouble when a drug deal goes sour. (2004, 15, 105min) ★★★★
12.05 AM **Ink Master: OGs vs Young Guns** Triple bill.
2.55 **Catfish: Love Triangles**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Alaska: Homestead Rescue** Triple bill of editions.
12.00 NOON **Marooned with Ed Stafford** Ed is trapped on an island off the coast of Panama. **1.00** PM Ed strives to survive in the heart of Africa.
2.00 **Naked and Afraid: Last One Standing** Three competitors send shockwaves through the Outback. **4.00** A dark horse wins a key asset, and a big kill could shift the power balance.
6.00 **Deadliest Catch** Mandy helms her first solo king season.

12.00 Marooned...

7.00 **Gold Divers** 1/2. The race for untapped gold kicks off, as Chris and Joe clash over contested land.
8.00 **Gold Divers** 2/2. Vern tests new Nitrox technology, and Mr. Gold hunts for inland riches.
9.00 **Naked and Afraid: Last One Standing** Elite survivalists battle each other and the Australian outback for one month.
10.00 **Ed Stafford: Man Woman Child Wild** Ed takes his wife and their two-year-old son on an epic adventure.
11.00 **Expedition Bigfoot** In 'The Fork,' Russell rappels a 700ft cliff to follow a heat signature, Mireya and Biko track signs, while Bryce learns he has a visitor.
12.00 M'T **Deadliest Catch**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Helping a couple with a toxic salt water well.
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Treehouse Masters** A team of young carpenters help build a treehouse escape.
6.00 **Saved by the Barn** The staff members join forces with a charity to find homes for four neglected calves.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** A look at why camels have humps. **7.30** Why octopuses' blood is coloured blue.
8.00 **Extinct or Alive** Forrest Galante searches for the Southern Rocky mountain wolf, which has not been seen since the 1940s.
9.00 **The Zoo** A young red panda has foot problems, and the bird department await the gender reveal of two new stork chicks.
10.00 **Tanked** Wayde King and Brett Raymer assist music producer and Fugees founder Wyclef Jean with a tank emergency.
11.00 **Alaska: The Last Frontier** Otto is at risk as he tries to recover a stranded tractor.
12.00 M'T **Big Cat Tales**
1.00 AM **Predators Up Close with Joel Lambert** Lions.
2.00 **Alaskan Bush People**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation**
12.00 NOON **Air Crash Investigation: Special Report**
1.00 PM **Hitler's Last Stand: Fight to the Finish**
2.00 **Hitler's Last Stand: Seize and Hold** Compilation edition.
3.00 **Lost Ships of WW2**
4.00 **Apocalypse: The Fall of Hitler** 1&2/2. Documentary.
6.00 **Nazi Child Soldiers** Documentary exploring the history of the Hitler Youth.

8.00 Car S.O.S

7.00 **Construction Fails** How the use of glass in construction can lead to devastating problems.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend set out to get an E-type Jaguar back on the road.
9.00 **Car S.O.S** In Hampshire, Tim and Fuzz work on a year 2000 Ford Mondeo, the property of a widowed father-of-two.
10.00 **Car S.O.S** Tim and Fuzz help a former builder who has been working on restoring a rare 1967 Lancia Flavia Coupe.
11.00 **Ice Road Rescue** Thord attempts to tow out a car that crashed into a field following a snowstorm.
12.00 M'T **Air Crash Investigation** Triple bill of editions.
2.55 AM **Food Factory** Double bill.
3.45 **Abandoned** Double bill.
4.35 **to 5.00** AM **Bid & Destroy**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Secrets Declassified with David Duchovny**
9.00 **Death Coast**
10.00 **Pawn Stars** Six editions.
1.00 PM **Hell on Earth: WWII** Four editions, including at: **3.00** The German forces' occupation of Europe. **4.00** The Japanese attack on Pearl Harbor in 1941.
5.00 **Ancient Superstructures** The Holy Sepulchre of Jerusalem.
6.00 **Pharaohs at War** Focusing on the Battle of Raphia.

9.00 The UnXplained

7.00 **Cursed Treasures** Exploring the origins of the curses surrounding the Gurlitt Collection and Stan the T-Rex.
8.00 **Cursed Treasures** A look at the origins of the curses surrounding the Fabergé Eggs and the 'Unlucky Mummy'.
9.00 **The UnXplained with William Shatner** The actor looks at tales involving US presidents that defy explanation.
10.00 **The UnXplained with William Shatner** An exploration of tales of inexplicable maladies.
11.00 **Mafia: Most Wanted** A family that made Toronto, Canada, the capital of Italy's most terrifying criminal organisation.
12.00 M'T **History's Greatest Mysteries** How ruler Genghis Khan hid his massive riches so well that to this day no one has unearthed them.
1.00 AM **Forged in Fire**
3.00 **to 6.00** AM **Pawn Stars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **American Pickers**
10.00 **Bangers & Cash**
11.00 **'Allo 'Allo!** Triple bill.
1.00 PM **Murder, They Hope** Double bill of episodes.
3.00 FILM **Ill Met by Moonlight** Wartime adventure with Dirk Bogarde and Marius Goring. (1956, b/w, U, 100min) ★★★
5.15 **'Allo 'Allo!** Michelle enlists Rene to set up a mobile propaganda radio station.
6.00 **Bangers & Cash** Derek heads to the Peak District to collect a 1988 Opel Manta.

10.00 Classic Car Kings

7.00 **Bangers & Cash** Derek faces a three-hour drive in a 1960s bus that arrived in the UK after a life in the sun.
8.00 **Bangers & Cash** Dave makes his way to Nottinghamshire to collect a 2 litre Ghia Cortina and a Mark 1 Capri.
9.00 **Bangers & Cash** Dave's picks up an iconic Mk1 Fiesta XR2, while Bubbles regrets sitting in an immaculate Morris 1800.
10.00 **Classic Car Kings** Irv and the team update a 1977 Daimler Sovereign Coupe by giving it a slick, modern makeover.
11.00 **Bangers & Cash** A customer considers a Morris Marina as a Christmas present for his wife. **12.00** M'T The team have a record number of cars to auction, but Derek finds some room for a replica AC Cobra.
1.00 **to 3.00** AM **Canal Boat Diaries**

+1hour 255 329

Saturday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **HMS Ark Royal**
7.00 **British Superbikes**
8.00 **Mike Brewer: Born Dealer** As 2.00pm.
9.00 **Wheeler Dealers**
2.00 PM **Mike Brewer: Born Dealer** Mike trades a classic Citroën for an F-Type Jaguar.
3.00 **MotoGP** Action from the Grand Prix of Austria Sprint Race.
4.00 **Shed and Buried**
6.00 **Shed and Buried: Classic Cars** Triple bill.
9.00 **Massive Engineering Mistakes** In New York, a construction crane crashes into a bridge. **10.00** In Miami, a major disaster leaves a nation in mourning.
11.00 **Outback Truckers**
1.00 AM **Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Curvy Brides Boutique**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Death by Fame**
6.00 **Mean Girl Murders**
9.00 **Murder on CCTV** New edition A trail of surveillance footage unmasks a gunman in North Dakota.
10.00 **Crime Scene Investigators** New edition A colleague discovers the body of Cathy Marlow.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** The 2008 murders of two children.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** Police investigate the disappearance of Joan Bent in New York.
7.00 **Bloodline Detectives** In 1991, an intruder viciously sexually assaults a woman in her home in Arizona. **8.00** In 1995, the parents of Catherine Edwards find her body in her bathroom in Beaumont, Texas.
9.00 **The Killer You Know** Investigators look into cases of betrayal by the people that three victims trusted most. **10.00** Affairs, rage and greed lead investigators down twisted roads all leading to murder.
11.00 **48 Hours** Triple bill.
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
2.00 PM **Medical Detectives** A Colorado hunter is shot and killed. **2.30** A flurry of arson fires in California in 1984. **3.00** A community is rocked by the death of a well-respected nurse. **3.30** A woman's disappearance is paired with another case under similar circumstances. **4.00** A body wrapped in sheets is found near Anchorage, Alaska. **4.30** A flight attendant's murder bears a similarity to a killing five years earlier.
5.00 **The Day I Should Have Died** The crimes of Anders Breivik in 2011.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Donal MacIntyre's Released to Kill**
4.00 **48 Hours**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Stop, Search, Seize**
8.00 **Highway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Law & Disorder** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught the Killer** A 1981 case.
1.00 PM **The Real Manhunter**
2.00 **Catching the Killer**
3.00 **Killer in My Village**
4.00 **What the Killer Did Next**
5.00 **Britain's Most Evil Killers** Stephen Seddon.
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Murder Uncut**
9.00 **Method of a Serial Killer** Israel Keyes.
10.40 **Killer in My Village**
11.40 **The Killer Within**
12.45 AM **Murder Uncut**
1.50 **Murdered at First Sight**
2.55 **Love You to Death**
4.00 **Road Wars**
5.00 **to 6.00** AM **UK Border Force**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **The Ghettos & The Holocaust**
9.50 **Henry VIII and the King's Men** Triple bill.
1.00 PM **America the Bountiful** Vermont.
1.35 **Wrecks That Changed the World** Five editions.
6.35 **Henry VIII and the King's Men** A look at Henry VIII through the eyes of the men who exploited his vulnerability. **7.35** How Henry VIII entrusted power to the men around him. **8.35** The final part of Henry VIII's reign as king.
9.35 **Auschwitz: The Inside Man** The story of Polish officer Witold Pilecki.
10.50 **The Ghettos & The Holocaust**
12.00 M'T **Auschwitz: The Inside Man** As 9.35pm.
1.15 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

SATURDAY

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Daniel Day-Lewis** Profile of the actor.
7.00 **Discovering: Robert Donat**
8.00 **The Directors**
9.00 **The Two Escobars**
11.00 **Money Electric: The Bitcoin Mystery** Documentary.
1.00 PM **Germanwings: What Happened on Flight 9525?**
2.50 **My Icon: Leon Pryce**
3.00 FILM **Man on Wire** Documentary. (2007, 12) ★★★★
5.00 **My Mom Jayne**
7.00 **Chernobyl: The Lost Tapes**
9.00 **The Essex Murders** 1/3. Documentary about the killing of three notorious criminals. **10.00** 2/3. Questions remain about the convictions of Jack Whomes and Michael Steele. **11.00** 3/3. A look at the hunt for an alternative suspect.
12.00 M'T **Marathon: The Patriots Day Bombing** Documentary.
2.00 AM NEW **Mrs Robinson** Former president of Ireland Mary Robinson tells her story.
4.00 **to 6.00** AM **Hitsville: The Making of Motown**

Sky Nature

145 113/114 189 354 369

6.00 AM **Baby Animals**
7.30 **Strange Creatures**
9.00 **The Ocean's Greatest Feast**
10.00 **Super Shark Highway**
12.00 NOON **Guardians of the Wild**
2.00 PM **Matsalu Moose: Wild Giants of the Baltics**
3.00 **Extreme Animals: One Wild Day** Triple bill of editions.
6.00 **David Attenborough's Natural History Museum Alive**
7.15 **Micro Monsters with David Attenborough** Battles and rivalries within the world of bugs. **7.40** A look at how creepy-crawly predators defuse the defences of their prey.
8.05 **Carpathian Predators** 1/2. A look at the creatures of the Carpathian Mountains.
9.00 **Boss Shark** Specialists hunt for the alpha shark in a school of great whites.
10.00 **Great Blue Wild**
12.00 M'T **Carpathian Predators**
1.00 AM **Boss Shark**
2.00 **Secret Life of the Koala**
4.00 **to 6.00** AM **Big Cats Small World**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Britain's Most Historic Towns**
11.00 **Digging for Britain**
2.00 PM **Curse of the Ancients**
3.00 **Britain's Most Historic Towns**
6.00 **Digging for Britain** A Roman-themed edition focusing on the skeletons of 97 babies found beside the Thames. **7.00** Alice Roberts explores archaeological digs at sites dating back to Viking times. **8.00** Alice uncovers Roman writing tablets and a rare Bronze Age weapons hoard.
9.00 **Royal Autopsy** Alice Roberts and Brett Lockyer examine the cause of death of George IV.
10.00 **Shipwrecks: When History Resurfaces** Kevin embarks on a challenging dive to explore a battleship in the Atlantic Ocean.
11.00 **Greatest Prison Escapes with Billy Hayes** The exploits of British criminal Alfie Hinds.
12.00 M'T **Ancient Aliens**
3.00 AM **Royal Autopsy**
4.00 **Inside the Tower of London**
5.00 **to 6.00** AM **What on Earth?**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
11.45 **Hometown Tragedy**
1.05 PM **Meet, Marry, Murder**
3.00 **#Textmewhenyougethome**
4.00 **Murder Masterminds**
5.00 **Accident, Suicide or Murder?**
8.00 **Accused: Did I Do It?** A woman claims to have no memory of her husband's death.
9.00 **Natural Born Killer** 1/2. How police stopped a school janitor who was on his way to becoming Australia's worst serial killer in his tracks after the murder of Stephanie Scott.
10.00 **I Am a Stalker**
11.00 **The Killer Interview with Piers Morgan** With Levi King.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM NEW SERIES **The Toolbox Murders** 1/2. A serial killer describes his 1979 killing spree.
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **Meet, Marry, Murder**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: North Carolina**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Wild Patagonia**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** The Schroeders must perform an emergency c-section on a cat that has been in labour for two days.
8.00 **Secrets of the Zoo** Focusing on the baby animals at the zoo. **9.00** Featuring daredevil flying goats, adorable cheetah cubs and a rhino that paints.
10.00 **Africa's River Titans** The largest animals living alongside Africa's rivers.
11.00 **Snakes in the City** The fire brigade help out with a dangerous capture, as Simon and Siouxsie hunt down mambas all over the city.
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Michael and Maria revamp a ventriloquist doll. **4.00** Sculptor Nick works on a fairground centrepiece. **5.00** French polisher Alex tries to rescue a settle bed.
6.00 **How the Universe Works** Experts explore the problems with proving or disproving the existence of aliens. **7.00** The moon's incredible, violent, and dynamic history. **8.00** Experts analyse what happens when galaxies collide.
9.00 **Nostradamus: The Truth** A fresh look at the accuracy of Nostradamus' predictions.
10.00 **Egypt's New Tomb Revealed** A gold coffin unearthed in the Valley of the Kings.
11.00 **Blowing Up History**
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
6.00 **Inside the Ambulance** The paramedics come to the aid of a woman who has suffered a series of seizures. **7.00** The paramedics are dispatched to help a man with a bleed to the head as the result of a bottle attack. **8.00** A teenager needs attention from paramedics after suffering an asthma attack on the day of a GCSE exam, and the cab crew discuss dealing with nudist patients. **9.00** Two paramedics rush to the aid of an elderly man who is suffering a heart attack. **10.00** The paramedics are dispatched to help a baby with suspected sepsis, and a father-to-be with serious burns. **11.00** The paramedics assist a pensioner with chest pains.
12.00 M'T **Inside the Ambulance**
5.30 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married to Evil**
10.00 **Never Say Goodbye**
12.00 NOON **Living a Nightmare**
2.00 PM **Who Killed Jane Doe?**
4.00 **The Perfect Murder**
6.00 **The 1980s: The Deadliest Decade** The story of how the marriage of Joe and Diane Pikul ended in violence. **7.00** The fatal stabbing of cheerleader Kirsten Costas.
8.00 **American Monster** When 20-year-old Chloe Randolph gave birth to a baby boy, her family were over the moon. However, she was about to endure a waking nightmare.
9.00 **The Playboy Murders** A *Playboy* assistant revels in the Los Angeles nightlife scene until her mysterious death.
10.00 **The Grindr Killer: A Faking It Special** Focusing on the case of serial killer Stephen Port.
11.00 **Lethally Blonde**
12.00 M'T **Fatal Affairs**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Murder Chose Me**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Garage Rehab**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage** The team take on one of Europe's fastest growing car markets.
12.00 NOON **Engine Addict with Jimmy de Ville** Five editions.
5.00 PM **Kindig Customs** Dave and Kevin compete for street rod of the year at a Chicago car show. **6.00** Dave comes across a promising deal for a rare Volkswagen Transporter pickup. **7.00** A car from Kindig's past arrives back in the shop for an engine upgrade.
8.00 **Massive Engineering Mistakes** Cars and trucks plummet into the Arkansas River after part of a bridge collapses. **9.00** Partygoers are horrified when two overhead walkways collapse at a Missouri hotel. **10.00** The infamous 2021 case of a container ship that blocked the Suez Canal for six days.
11.00 **Auto Trader** Four editions.
1.00 **to 5.00** AM **Garage Rehab**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM PREMIERE **The Mountain**
7.55 **Sonic the Hedgehog 3** (2024)
9.50 **Saturday Night** As 8.00pm.
11.40 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
1.50 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
4.30 PREMIERE **The Mountain** Comedy. (2024, PG, 89min) ★★★★ *See review, page 23.*
6.05 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★

4.30 The Mountain

8.00 **Saturday Night** Comedy drama starring Gabriel LaBelle. During the build-up to the first broadcast of *Saturday Night Live*, comedians and writers prepare to change TV forever. With Cory Michael Smith. (2024, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Long Gone Heroes** Action thriller starring Eden Brolin. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101min)

11.50 **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
1.35 AM **September 5** Thriller. (2024, 15, 95min) ★★★★
3.20 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
4.50 **to 6.35** AM **The Sloth Lane** Animated family adventure. (2024, PG, 90min)

Sky Cinema Hits

303 303 403 503 517

7.00 AM **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★
8.50 **Charlie's Angels: Full Throttle** (2003, 12) ★★
10.50 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
1.10 PM **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
3.35 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
5.35 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★

8.00 Bridget Jones: The Edge...

8.00 **Bridget Jones: The Edge of Reason** Romantic comedy sequel based on the best-selling novel by Helen Fielding, starring Renée Zellweger, Colin Firth and Hugh Grant. (2004, 15, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith. (2003, 15, 147min) ★★★
2.30 AM **Saturday Night Fever** Dance drama with John Travolta. (1977, 18, 119min) ★★★★
4.30 **to 6.10** AM **The Purge** Horror thriller starring Ethan Hawke. (2013, 15, 85min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.35 AM **Girl You Know It's True**
9.50 **A Different Man** As 9.55pm.
11.55 **The Good Half** Comedy drama. (2023, 15, 96min) ★★★
1.45 PM **True Grit** Vintage Western. (1969, PG, 128min) ★★★★★
4.05 **Sunset Boulevard** Vintage Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
6.10 **Five Easy Pieces** Cult drama. (1970, 15, 98min) ★★★★★
8.00 **Dunkirk** Christopher Nolan's drama starring Kenneth Branagh and Tom Hardy. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
9.55 **A Different Man** Thriller starring Sebastian Stan and Adam Pearson. After facial reconstructive surgery, an aspiring actor fixates on a stage production based on his past. (2024, 15, 112min) ★★★★
11.55 **Girl You Know It's True** Biopic. (2023, 15, 124min) ★★★
2.05 AM **Midnight Express** Alan Parker's prison drama. (1978, 18, 120min) ★★★★
4.15 **to 6.05** AM **Wimbledon** Romantic sports comedy. (2004, 12, 98min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.25 AM **Timestalker** As 1.25am.
8.00 **Star Trek V: The Final Frontier** Sci-fi. (1989, PG, 100min) ★★
9.50 **Star Trek VI: The Undiscovered Country** Sci-fi adventure. (1991, PG, 109min) ★★★★
11.45 **Ready Player One** Sci-fi adventure starring Tye Sheridan. (2018, 12, 140min) ★★★★
2.15 PM **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
4.15 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
6.10 **Men in Black 3** Sci-fi comedy sequel starring Will Smith. (2012, PG, 105min) ★★★★
8.00 **A Quiet Place** Horror with Emily Blunt and John Krasinski. A family are forced to live in silence while hiding from monsters with hypersensitive hearing. (2018, 15, 90min) ★★★★
9.40 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
11.25 **The Nun II** Horror thriller sequel. (2023, 15, 110min) ★★
1.25 AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★
3.05 **Videodrome** Sci-fi thriller. (1982, 18, 88min) ★★★★
4.40 **to 6.25** AM **Night Swim** Horror. (2024, 15, 98min) ★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Adventure

306 306 406 506 519

6.00 AM **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
8.00 **Hook** Fantasy. (1991, U) ★★★
10.25 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
12.25 PM **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★
2.25 **The Smurfs** Family adventure. (2011, U, 103min) ★★
4.10 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
6.00 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★

10.00 Bookworm

8.00 **Sonic the Hedgehog 3** Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bookworm** Comedy starring Elijah Wood and Nell Fisher. An 11-year-old girl's world is turned upside down when her estranged father takes her on a wild adventure. (2024, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Snow White and the Huntsman** Fantasy adventure. (2012, 12, 127min) ★★★
2.00 AM **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
4.05 **to 6.00** AM **Small Soldiers** Fantasy starring Kirsten Dunst. (1998, PG, 99min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.55 AM **Zu: Warriors from the...**
8.45 **Jackie Chan's Police Story** Martial arts comedy thriller. (1985, 15, 98min) ★★★★
10.30 **Saving Private Ryan** Steven Spielberg's wartime drama. (1998, 15, 169min) ★★★★★
1.25 PM **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
3.20 **Fury** World War Two drama. (2014, 15, 134min) ★★★
5.35 **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★

5.35 Wonder Woman

8.00 **American Sniper** Biopic based on the experiences of real-life Iraq conflict veteran Chris Kyle, directed by Clint Eastwood and starring Bradley Cooper, Sienna Miller and Kyle Gallner. (2014, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Django Unchained** Quentin Tarantino's Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **Once Upon a Time in China II** Martial arts thriller sequel. (1991, 15, 120min) ★★★
3.10 **Zu: Warriors from the Magic Mountain** Action fantasy. (1982, PG, 95min) ★★★★
4.55 **Sky Cinema Preview**
5.25 **to 7.20** AM **Once Upon a Time in China III** Action drama sequel. (1993, PG) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **We're the Millers** Comedy. (2013, 15, 110min) ★★★★
9.20 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
11.05 **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★
1.00 PM **Beverly Hills Cop** (1984)
2.55 **Ace Ventura Pet Detective**
4.30 **Ace Ventura: When Nature Calls** As shown at 3.20am.
6.10 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★

6.10 Two Weeks Notice

8.00 **Daddy's Home 2** Comedy sequel starring Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their intrusive fathers during the holidays. (2017, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Anyone But You** Romantic comedy with Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
1.45 AM **Ace Ventura Pet Detective** Comedy. (1993, 12, 86min) ★★★★
3.20 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
5.05 **to 6.55** AM **Funny Cow** Drama. (2017, 15, 102min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Absolution** As 1.40pm.
8.20 **Rashomon** As 1.20am.
9.55 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
12.00 NOON **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
1.40 PM **Absolution** Thriller. (2024, 15, 112min) ★★★
3.35 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★
5.45 **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★

3.35 Ocean's Twelve

8.00 **There Will Be Blood** Epic drama starring Daniel Day-Lewis and Paul Dano. A ruthless California prospector makes a colossal fortune in the early-20th-century oil business but turns into a haunted loner. With Kevin J O'Connor, Ciarán Hinds and Dillon Freasier. (2007, 15, 158min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **American Gangster** Ridley Scott's epic fact-based crime drama with Denzel Washington and Russell Crowe. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **Rashomon** Japanese director Akira Kurosawa's classic drama. Subtitled. (1950, b/w, 12, 88min) ★★★★★
2.50 **The Punisher** Action thriller. (2004, 18, 123min) ★★★
4.55 **to 6.40** AM **Dangerous Waters** Survival thriller. (2023, 15, 101min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Oliver!** Oscar-winning musical starring Mark Lester. (1968, U, 146min) ★★★★★
1.55 PM **The Kid Who Would Be King** Fantasy adventure. (2019, PG, 120min) ★★★
4.20 **Bumblebee** *Transformers* prequel with Hailee Steinfeld. (2018, PG, 114min) ★★★★
6.45 **Men in Black: International** Fantasy comedy sequel. (2019, 12, 110min) ★★★

4.20 Bumblebee

8 PM **Men in Black: International** (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Nobody** Crime drama starring Bob Odenkirk and Connie Nielsen. An unassuming family man reveals his true character after his house is burgled by two petty thieves. (2021, 15, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **10.50** **Scream** Horror thriller sequel starring Neve Campbell. Twenty-five years after a streak of brutal murders shocked a quiet town, a new killer dons the Ghostface mask. (2022, 18, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **1.05** **to 3.10** AM **Donkey Punch** Dark thriller starring Robert Boulter. (2007, 18, 99min) ★★

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.00 AM **Blades of Glory** (2007)
7.50 **The Holiday** As 8.00pm.
10.10 **Bridget Jones's Diary** Comedy. (2001, 15, 96min) ★★★★
12.00 NOON **Bridget Jones: The Edge of Reason** Romantic comedy sequel. (2004, 15, 108min) ★★★
2.00 PM **Bridget Jones's Baby** Romantic comedy sequel. (2016, 15, 123min) ★★★
4.05 **Mean Girls** Musical adaptation of the 2004 teen comedy. (2023, 12, 112min) ★★★
6.00 **Pitch Perfect** Musical comedy starring Anna Kendrick. (2012, 12, 112min) ★★★★
8.00 **The Holiday** Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. With Jude Law and Jack Black. (2006, 12, 135min) ★★★
10.20 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
12.40 AM **Mean Girls** As 4.05pm.
2.35 **Blades of Glory** Sports comedy starring Will Ferrell and Jon Heder. (2007, 12, 93min) ★★★
4.10 **to 6.25** AM **A Star Is Born**

Sky Cinema Greats

304 304 404 504 518

7.20 AM **The Man Who Shot Liberty Valance** As 3.55pm.
9.30 **The Firm** As 8.00pm.
12.10 PM **Roxanne** Romantic comedy. (1987, PG, 102min) ★★★★
2.00 **Rear Window** Classic Hitchcock suspense movie. (1954, PG, 112min) ★★★★★
3.55 **The Man Who Shot Liberty Valance** John Ford Western. (1962, b/w, U, 122min) ★★★★★
6.00 **Shane** Classic Western. (1953, PG, 118min) ★★★★★
8.00 **The Firm** Legal thriller based on John Grisham's novel, starring Tom Cruise and Gene Hackman. (1993, 15, 155min) ★★★
10.35 **Lawless** Prohibition-era crime drama starring Shia LaBeouf and Tom Hardy. Three brothers run a profitable moonshine business in 1930s Virginia until the appointment of a corrupt deputy. With Gary Oldman. (2012, 18, 111min) ★★★★
12.35 AM **Midnight Run** Comedy thriller. (1988, 18) ★★★★
2.45 **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
4.35 **Sky Cinema Preview**
5.35 **to 7.35** AM **Star Trek: Insurrection** Sci-fi adventure. (1998, PG, 105min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.15 AM **The Ogglies** Animation. (2021, PG, 85min) ★★★
7.55 **The Nut Job** (2014, U) ★★★
9.30 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
11.05 **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
12.45 PM **Smallfoot** (2018, U) ★★★
2.30 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
4.00 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
5.50 **Antz** Animated comedy. (1998, PG, 83min) ★★★
7.20 **Rango** Animated Western. (2011, PG, 103min) ★★★★
9.10 **Paws of Fury: The Legend of Hank** Animated family comedy. (2022, PG, 98min) ★★★
10.55 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
12.15 AM **Piece By Piece** Animation. (2024, PG, 100min) ★★★
1.55 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
3.25 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
5.00 **to 6.25** AM **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U) ★★★

Movies 24

312 313 419

7.00 AM **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
9.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★
11.00 **Made for Each Other** Romantic fantasy. (2023, PG, 84min) ★★
1.00 PM **Hats Off to Love** Romantic drama. (2025, PG, 84min) ★★
3.00 **Styled with Love** Romantic comedy starring Rachel Bles. (2022, PG, 89min) ★★
5.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
7.00 **Flowers and Honey** Romance starring Ashley Newbrough. (2021, PG, 90min) ★★
9.00 **Eat, Love, London** Romantic drama starring Georgia May Foote. A restaurateur tries to recover from a disaster in her life by starting over as a chef in London. With Kriss Dillon. (2024, PG, 90min) ★★
11.00 **The Reluctant Royal** Romantic comedy. (2025, PG, 84min) ★★
1.00 AM **For Love & Honey** Romantic comedy drama. (2024, U, 84min) ★★
3.00 **to 5.00** AM **Girlfriendship** Romantic comedy drama. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Beau Geste** 4/8. (S1)
6.35 **Look at Life**
6.45 **Spaceways** (1953, b/w, PG) ★
8.20 **Bifball**
8.25 **Space Patrol** 7/39. (S1)
9.00 **Batman** 30/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 18/26. (S1)
10.30 **Caught in the Net** Adventure. (1960, b/w, U, 55min) ★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **Beyond the Time Barrier** (1960, b/w, U) ★★★
1.35 PM **Look at Life**
1.50 **One Step Beyond** 3/39. (S2)
2.25 **Captain Scarlet and the Mysterons** 32/32. (S1)
3.00 **Hidden Homicide** Mystery.
4.30 **Went the Day Well?** Thriller. (1942, b/w, PG, 92min) ★★★★★
6.20 **Scotland Yard** 3/39. (S1)
7.00 **Maigret** 9/13. (S1)
8.00 **A Family at War** 13/19. (S2)
9.05 **The Odessa File** Thriller. (1974, PG, 129min) ★★★
11.40 **Open Fire** Crime drama. (1994, 12, 105min) ★★★★
1.50 AM **Hunting Venus** Comedy.
3.50 **The High Terrace** Drama. (1956, b/w, 15, 69min) ★★★
5.10 **A Lifetime Ago with The Baim Collection**
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Soccer Saturday Pre-Match** Build up to this afternoon's football across the country, with in-depth interviews and features.
11.00 LIVE **EFL Wrexham v West Bromwich Albion.** The Championship match at StoK Racecourse. Kick-off 12.30pm.
3.00 PM **Gillette Labs Soccer Saturday** The latest news from this afternoon's matches.
5.00 LIVE **SNF Wolverhampton Wanderers v Manchester City.** All the action from both teams' opening match of the Premier League campaign, held at Molineux. Kick-off 5.30pm.
8.30 LIVE **WTA & ATP Tennis** Coverage of day 10 of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio, featuring the men's semi-finals.
1.00 AM LIVE **NFL New York Giants v New York Jets.** Coverage of the pre-season match at MetLife Stadium in East Rutherford, New Jersey. Kick-off 12.00m't.
3.00 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **FNF** Liverpool v Bournemouth.
9.30 **Premier League Stories**
10.00 **Saturday Social**
11.00 **The Big Interview**
11.30 **FNF** Liverpool v Bournemouth.
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up**
3.00 PM **Gillette Labs Soccer Saturday** The latest news.
5.00 LIVE **SNF Wolverhampton Wanderers v Manchester City.** Both teams' opening match of the Premier League campaign, held at Molineux. Kick-off 5.30pm.
8.30 **Game of the Day**
10.30 **Premier League Highlights** Sunderland v West Ham United. **11.00** Action from Brighton & Hove Albion v Fulham. **11.30** The best of the action from Tottenham Hotspur v Burnley.
12.00 M'T **SNF** Wolverhampton Wanderers v Manchester City.
12.30 AM **Premier League Highlights**
2.00 **SNF** As shown at 12.00m't.
2.30 **FNF** Liverpool v Bournemouth.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Highlights**
7.00 **EFL** Sheffield United v Sunderland.
8.00 **EFL Highlights**
10.00 **Saturday Social**
11.00 LIVE **EFL Wrexham v West Bromwich Albion.** The Championship match at StoK Racecourse. Kick-off 12.30pm.
3.00 PM **Gillette Labs Soccer Saturday** The latest news from this afternoon's matches.
5.00 **Gillette Labs Soccer Saturday: Reaction** Analysis and interviews.
7.00 **EFL Highlights** Action from Wrexham v West Bromwich Albion.
7.15 **EFL Greatest Games**
7.20 LIVE **Bundesliga Supercup VfB Stuttgart v Bayern Munich.** Coverage of the match between the winners of last season's DFB-Pokal and Bundesliga, which takes place at MHPArena. Kick-off 7.30pm.
9.45 **EFL Highlights**
12.00 M'T **EFL Cup Retro**
2.00 AM **SPFL Special: Celtic's Invincibles** Celtic's unbeaten 2016/17 domestic campaign.
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **SPFL**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** Another chance to see Northern Superchargers Women v Birmingham Phoenix Women.
9.15 **The Hundred Bitesize**
10.45 LIVE **The Hundred Trent Rockets Women v Southern Brave Women.** Coverage of the match from Trent Bridge, Nottingham. Start-time 11.00am.
2.00 PM LIVE **The Hundred Trent Rockets Men v Southern Brave Men.** Coverage of the match from Trent Bridge, Nottingham. Start-time 2.30pm.
5.30 LIVE **The Hundred Oval Invincibles Men v Welsh Fire Men.** Coverage from the Kia Oval in London. Start-time 6.00pm.
9.00 **The Hundred Bitesize**
10.15 **The Hundred** A re-run of Oval Invincibles Women v Welsh Fire Women at the Kia Oval.
1.20 AM **Ashes Greats** Adam Gilchrist's performances in 2001.
1.30 **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see Trent Rockets Men v Southern Brave Men at Trent Bridge.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
10.00 **PGA Tour Champions**
11.00 **HotelPlanner Tour Golf**
11.30 LIVE **DP World Tour Golf** Coverage of day three of the Danish Golf Championship from Furesø Golf Klub in Copenhagen.
4.00 PM LIVE **PGA Tour Golf** Day three of the BMW Championship, the second competition in the FedExCup Playoffs, held at Caves Valley Golf Club in Maryland.
11.00 LIVE **LPGA Tour Golf** Day three of the Standard Portland Classic from Columbia Edgewater Country Club in Portland, Oregon.
2.00 AM **Legends Tour Golf**
3.00 **Nick Dougherty's Tee Time Tips** Experts advice.
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **The Open Zone**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA Tennis**
7.00 **ATP Tennis**
8.00 **WTA & ATP Tennis**
4.00 PM LIVE **WTA & ATP Tennis** Day 10 of the Cincinnati Open from Lindner Family Tennis Center in Mason, Ohio, featuring the men's doubles semi-finals.
8.00 LIVE **WTA & ATP Tennis** The Cincinnati Open men's semi-finals from Mason, Ohio.
1.00 AM **ATP Tennis**
1.30 **Bitesize Tennis**
1.45 **Frances Tiafoe Podcast 2024**
2.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

7.00 AM LIVE **AFL Hawthorn v Melbourne.** Coverage of the match from the 23rd round of fixtures, held at Melbourne Cricket Ground. Bounce-up 7.15am.
10.00 **Premier League Stories**
10.30 **Premier League Preview**
11.00 LIVE **Premier League Aston Villa v Newcastle United.** Coverage of the top-flight match at Villa Park. Kick-off 12.30pm.
3.00 PM **Xtra Time**
3.15 **Tom Daley: 1.6 Seconds**
5.00 **T100 Triathlon World Tour**
6.00 LIVE **Saudi Masters Snooker** Coverage of the second session of the final, held at Green Halls in Jeddah, Saudi Arabia.
9.00 **International T20 Cricket**
10.00 **Crouchy and Cole**
10.15 **Rise of the UFC**
11.45 **UFC Connected**
12.15 AM **Fight Week**
1.00 LIVE **UFC** The preliminary bouts for UFC 319 from Chicago.
3.00 **to 6.30** AM LIVE **UFC Dricus du Plessis v Khamzat Chimaev.** Coverage of the UFC Middleweight title bout from United Center in Chicago, plus the undercard bouts.

TNT Sports 2

411 414 522 409 431

6.30 AM **MotoGP**
7.30 LIVE **MotoGP** The GP of Austria Moto2, Moto3 and MotoGP second free practice sessions and the MotoGP qualifying session.
11.00 LIVE **MotoE** Race one of the Grand Prix of Austria MotoE.
11.45 LIVE **MotoGP** Qualifying for the GP of Austria Moto2 and Moto3.
1.30 PM LIVE **MotoGP** The Grand Prix of Austria MotoGP sprint race.
2.45 **British Superbikes Rewind**
3.00 LIVE **MotoE** Race two.
3.45 LIVE **Red Bull MotoGP Rookies Cup** Race one.
4.45 **Onboard**
5.15 **TNT Sports Reload**
5.45 **Discovery Golf**
6.15 **TNT Sports Cricket Reload**
6.30 **MotoGP**
7.00 **MLB Highlights**
8.00 LIVE **MLB Toronto Blue Jays v Texas Rangers.**
11.15 **TNT Sports Reload**
11.30 **Tom Aspinall's Fight Lab**
12.00 M'T LIVE **MLB St. Louis Cardinals v New York Yankees.**
3.15 AM **MLB Plays of the Week**
3.45 **British Superbikes Rewind**
4.00 **to 7.00** AM LIVE **AFL North Melbourne v Richmond.**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **The Rugby Championship**
8.00 **Lions Legends**
8.30 LIVE **NRL Brisbane Broncos v Dolphins.** Kick-off 8.30am.
10.30 **Lions Legends**
11.00 **Super League Highlights**
11.45 **Rugby Greatest Games**
11.55 **British and Irish Lions Tour**
12.55 PM LIVE **Currie Cup Rugby Union Free State Cheetahs v Western Province.**
2.50 **Rugby Greatest Games**
3.00 **Rugby Union Retro**
3.30 **Lions Legends**
4.00 LIVE **The Rugby Championship South Africa v Australia.** Kick-off 4.10pm.
6.00 **NFL Bitesize Highlights**
6.45 **Super Bowl LIX Highlights**
7.00 **NFL Highlights**
8.00 **Super Bowl LIX Highlights**
9.00 LIVE **NFL Las Vegas Raiders v San Francisco 49ers.** From Allegiant Stadium. Kick-off 9.00pm.
12.00 M'T LIVE **NFL New York Giants v New York Jets.**
3.00 AM **Super Bowl LIX Highlights**
3.15 **NFL Bitesize Highlights**
3.30 **The Rugby Championship**
5.45 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Soccer Saturday Pre-Match**
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL Derby County v Coventry City.** Coverage of the Championship match at Pride Park. Kick-off 12.30pm.
3.00 LIVE **PGA Tour Golf** Day three of the BMW Championship, the second competition in the FedExCup Playoffs, held at Caves Valley Golf Club in Maryland.
5.00 LIVE **Super League Hull FC v Leigh Leopards.** All the action from the top-flight match at MKM Stadium. Kick-off 5.30pm.
7.45 LIVE **PGA Tour Golf** Further coverage of the third day's play of the BMW Championship, the second competition in the FedExCup Playoffs, held at Caves Valley Golf Club in Maryland.
10.00 LIVE **The Rugby Championship Argentina v New Zealand.** The match from the opening round of fixtures at Estadio Mario Alberto Kempes in Córdoba. Kick-off 10.10pm.
12.00 M'T **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Mix

416 412 510 429 449

6.00 AM **The Hundred Bitesize**
6.15 LIVE **NRLW Brisbane Broncos Women v Parramatta Eels.** At Suncorp Stadium. Kick-off 6.15am.
8.00 **The Hundred Bitesize**
8.15 LIVE **NRLW New Zealand Warriors Women v Canberra Raiders Women.** From FMG Stadium Waikato. Kick-off 8.15am.
10.00 **The Hundred Bitesize**
11.00 **My Icon**
11.10 **Super League**
1.55 PM **The Hundred Bitesize**
2.25 LIVE **The Hundred Oval Invincibles Women v Welsh Fire Women.** From the Kia Oval, London. Start-time 2.30pm.
5.30 **HotelPlanner Tour Golf**
6.00 **Super League**
8.45 **My Icon**
9.00 **PGA Tour Champions**
10.00 **Ladies European Tour Golf**
11.00 LIVE **LPGA Tour Golf** Coverage of day three of the Standard Portland Classic.
2.00 AM **PDC Classics**
2.50 LIVE **NRLW Wests Tigers Women v St George Illawarra Dragons Women.** From Allianz Stadium. Kick-off 2.50am.
4.35 **My Icon**
4.45 **to 6.00** AM LIVE **NRLW Cronulla-Sutherland Sharks v Gold Coast Titans.** From Sharks Stadium, Sydney. Kick-off 3.45am.

TNT Sports 3

413 415 523 410 432

6.00 AM **Formula E Flashback**
6.30 LIVE **AFLW Geelong Cats Women v North Melbourne Tasmanian Kangaroos Women.** Bounce-up 6.35am.
8.30 LIVE **AFLW GWS Giants Women v Essendon Women.** Bounce-up 8.35am.
10.30 **Discovery Golf**
11.00 LIVE **Saudi Masters Snooker** The first session of the final.
2.00 PM **MLB Highlights**
3.00 **MLB Plays of the Week**
3.30 **MLB: Off the Bat**
4.00 **Ultimate Pool**
5.30 LIVE **Saudi Masters Snooker** The second session of the final.
8.30 **Premier League: Big Interview**
9.00 **MotoGP**
9.30 **AFL** Recent action.
3.30 AM LIVE **AFLW Brisbane Lions Women v Hawthorn Women.** Bounce-up 3.40am.
5.30 **to 6.00** AM **Football Archives: UEFA Champions League**

TNT Sports 4

414 416 524 411 434

6.01 AM **Saudi Masters Snooker**
8.00 **Premier League: Big Interview**
8.30 **Premier League Preview**
9.00 **TNT Sports Cricket Reload**
9.15 **International T20 Cricket**
10.15 LIVE **International T20 Cricket Australia v South Africa.**
2.00 PM LIVE **Men's Cycling Pro Series** The Tour of Denmark.
2.30 LIVE **Men's Cycling Pro Series** The Tour of Czech Republic.
4.00 **V8 Supercars Highlights**
6.00 **UTMB World Series Highlights**
7.00 **Reframe the Game**
7.45 **SHEENE**
9.00 LIVE **NWSL Kansas City Current v Orlando Pride.**
11.15 **TNT Sports Cricket Reload**
11.30 LIVE **CPL Antigua & Barbuda Falcons v Barbados Royals.**
3.45 **MotoGP**
4.15 **Premier League: Big Interview**
4.45 **Crouchy and Cole**
5.00 **to 7.00** AM LIVE **AFLW St Kilda v Adelaide Crows.**

Premier Sports 1

419 551

6.00 AM **NASCAR Highlights**
7.00 **DTM Highlights**
8.00 **Transworld Sport** Magazine.
9.00 **LaLiga Specials**
10.00 **Scottish Rally Championship**
10.30 **FIM Sidecarcross**
11.30 **MotorSport**
12.00 NOON **NASCAR Highlights**
1.00 PM **DTM Highlights**
2.00 **LaLiga Specials**
3.15 **SPFL** Rangers v Dundee.
5.15 LIVE **Premier Sports Cup Rangers v Alloa Athletic.** Coverage of the second-round match from Ibrox. Kick-off 5.45pm.
8.30 LIVE **Coppa Italia Cremonese v Palermo.** Coverage of the first-round match at Stadio Giovanni Zini. Kick-off 8.15pm.
10.30 **Football's Greatest**
11.00 **LaLiga Specials**
11.30 **LaLiga** Alavés v Levante.
1.30 AM **Coppa Italia**
3.30 **MotorSport**
4.00 **World Surf League**
5.00 **to 6.00** AM **Africa Eco Race**

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
6.30 **LaLiga Specials**
7.30 **Coppa Italia**
11.30 **Football's Greatest**
12.00 NOON **LaLiga**
3.55 PM **LaLiga Specials**
4.55 **Football's Greatest**
5.25 **LaLiga Specials**
6.25 LIVE **LaLiga Mallorca v Barcelona.** Coverage of the Spanish top-flight match, taking place at Estadi Mallorca San Moix. Kick-off 6.30pm.
8.30 **LaLiga Specials**
9.00 **Bike World** Magazine.
9.30 **Temples of Sport**
10.30 **FastZone** Highlights show.
11.00 **NASCAR Highlights**
12.00 M'T LIVE **NASCAR** Coverage of the Cook Out 400, the 25th round of the season at Richmond Raceway in Virginia.
4.30 AM **FastZone** Highlights show.
5.00 **Bike World** Magazine.
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1**
11.00 **Alonso and Bortoleto IV**
11.15 **Brad Pitt Drives a McLaren F1**
11.30 **Formula 1**
2.00 PM **Ted's Notebook**
2.30 **Formula 1**
7.15 **Ted's Notebook**
7.45 **Carlos Sainz & The Lie Detector**
8.00 **Lewis Hamilton: Why Heritage Matters**
8.30 **Formula 1**
12.30 AM **Lewis Hamilton: Why...**
1.00 **to 6.00** AM **The Home of F1**

Sunday

17 August

Evening Planner

Football

Premier League
Sky Sports Main Event, Sky Sports Premier League & Sky Sports+
Three top-flight games, including Manchester Utd v Arsenal (k-o 4.30pm).

Documentary

Murder Case: The Vanishing Cyclist
BBC2, 9pm (box set, BBC iPlayer)
The 2017 disappearance of a cyclist was a mystery – until a call to police in 2020.

Reality

The Only Way Is Essex
ITV2, 9pm
Get ready for sunkissed drama when the Essex massive head to Portugal as the show celebrates its 15th anniversary.

OnDemand

prime

The Hunt for Shannon Matthews
Available today
The disappearance of a nine-year-old girl in West Yorkshire, which shocked the world.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.20 Parenthood		8.20 Antiques Roadshow		9.20 The Narrow Road to...	10.00 News	10.30 Match of the Day
	102 BBC2	◂ 6.25 Film: The Italian Job		8.00 Top Gear		9.00 Murder Case: The Vanishing Cyclist		10.00 Film: The Silence of the Lambs	
	103 ITV1	7.00 Cooking with the Stars		8.00 Ridley					10.15 Film: Rise of the Planet of...
	104 CHANNEL 4	7.00 Our Tiny Islands		8.00 Titanic: Secrets of the Shipwreck		9.00 Celebrity SAS: Who Dares Wins		10.00 8 Out of 10 Cats Does Countdown	
	105 5	7.00 Tesco: How Do They Really Do It?		8.00 22 Kids & Counting		9.00 Rich Holiday, Poor Holiday		10.00 Killer at the Crime Scene	
	106 SKY SHOWCASE	◂ 6.45 Film: Spider-Man				9.00 S.W.A.T.		10.00 The Sopranos	
ENTERTAINMENT	115 BBC3		7.30 Film: Horrible Histories: The Movie			9.00 Stacey Dooley: Growing Up...	9.45 People Just Do Nothing		
	116 BBC4	7.00 Eisteddfod 2025 with Huw Stephens		8.00 Aurora Orchestra Plays Shostakovich's Fifth			9.45 Frederick Delius: Song of Summer – Omnibus		
	118 ITV2	7.00 Film: Mean Girls				9.00 The Only Way Is Essex		10.05 Botched	
	136 MORE4	◂ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	◂ 6.40 Film: Star Trek				9.00 Film: Deadpool 2			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Matlock		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 True Detective			10.10 The Wire
	110 U&GOLD	◂ 6.40 Only Fools and Horses		8.00 Red Dwarf			9.20 Men Behaving Badly		
	111 U&DAVE	7.00 Bradford on Duty			8.20 Would I Lie to You?	9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.00 Midsomer Murders		8.00 Doc Martin				10.00 Vera	
	120 ITV4	7.00 Junk and Disorderly		8.00 Film: Everest					10.20 Film: RoboCop 2
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: The 40-Year-Old Virgin			
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine				9.00 Film: Anti-Life			
	113 SKY MAX	7.00 Peacemaker				9.00 S.W.A.T.		10.00 Creature Commandos	
	109 U&ALIBI	7.00 Beyond Paradise		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	◂ 6.10 I Am Steve McQueen		8.00 Film: The Great Escape					
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Land Rush		10.00 Street Outlaws: Locals Only	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Genghis Khan: The Secret History of...		8.00 Lost Ships of WW2		9.00 Naming the Dead	9.50 Destruction Decoded		
	123 SKY HISTORY	7.00 Viking Dead				9.00 Royal Murder Mysteries			
	155 U&YESTERDAY	7.00 Operation Arctic		8.00 Classic Car Kings		9.00 Bangers & Cash			
	121 SKY DOCS	◂ 6.15 Film: I Am Jackie O		8.00 Mrs Robinson				10.00 Film: Nothing Compares	
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 The Mountain		8.00 Saturday Night				10.00 Heart Eyes	
	302 FAVOURITES	◂ 6.15 IF		8.00 Kung Fu Panda			9.35 How to Train Your Dragon		
	303 HITS	◂ 5.40 The Amazing Spider-Man		8.00 The Amazing Spider-Man 2					10.30 Vanilla Sky
	304 GREATS	◂ 6.20 Wayne's World 2		8.00 Ace Ventura Pet Detective			9.30 Ace Ventura: When Nature Calls		
	305 ANIMATION		7.20 Cloudy with a Chance of Meatballs			9.00 Open Season			10.35 Sinbad...
	306 ADVENTURE	◂ 6.00 Peter Rabbit 2: The...	7.45 Snow White and the Huntsman					10.00 The Huntsman: Winter's War	
	307 ACTION	◂ 5.30 Man of Steel		8.00 Bad Boys: Ride or Die				10.00 Baby Driver	
	308 COMEDY	◂ 6.00 Miss Congeniality 2: Armed and...		8.00 Just Friends			9.45 Horrible Bosses		
	309 THRILLER	◂ 6.30 Jericho Ridge		8.00 The Da Vinci Code					10.40 K-19...
	310 DRAMA	◂ 5.25 The Great Gatsby		8.00 Lost in Translation				9.55 One Life	
	311 SCI-FI	◂ 6.10 A Quiet Place: Day One		8.00 The Woman in Black			9.45 The Woman in Black: Angel of Death		
	313 FILM4	7.00 The Greatest Showman				9.00 65			
SPORT	401 MAIN EVENT	◂ 4.00 Super...	7.30 The Hundred – Live: Birmingham Phoenix Men v London Spirit			9.00 PGA Tour Golf – Live: The BMW Championship			
	402 PREMIER LEAGUE	◂ 4.00 Super Sunday – Live		8.00 Transfer 360	8.30 Premier League Highlights		9.30 SNF	10.00 Premier League Highlights	
	403 FOOTBALL	7.00 EFL League One...	7.30 EFL League Two...	8.00 EFL Highlights					
	405 CRICKET	◂ 5.30 The Hundred – Live: Birmingham Phoenix Men v London Spirit Men (Start-time 6.00)				9.00 The Hundred Bitesize			10.15 The Hundred
	410 TNT SPORTS 1	◂ 6.30 MLB – Live: Washington Nationals v Philadelphia Phillies (Start-time 4.35pm)					9.30 MLB – Live: Los Angeles Dodgers v San Diego Padres		
	411 TNT SPORTS 2	◂ 3.30 CPL – Live	7.45 MotoGP		8.45 MotoGP Chequered Flag		9.45 UTMB World Series Highlights		

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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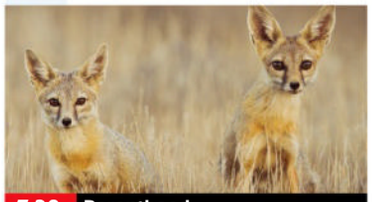
Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
8.40 **Match of the Day** (S)(R)
10.00 **Scotland's Sacred Islands with Ben Fogle** Islay and Jura. (S)(R)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition Celebrating women's sport. (S)
1.50 **Escape to the Country** (S)(R)
2.45 **Deadly 60** (S)(R)
3.15 **Parenthood** 2/5. Aquatic animals that raise their young. (S)(R)(AD)
4.15 FILM **Ghostbusters** Supernatural comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. A trio of New York university parapsychologists go into business together as ghost exterminators. (S)(AD) (1984, 12, 100min) ★★★★
5.55 **BBC News** (S)



7.20 Parenthood

6 PM
6.10 **Local News** (S)
6.20 **Countryfile** New edition John Craven explores the history shaped by the River Nidd, and meets those who care for it. He also dips into the archives to see how water has shaped the Yorkshire landscape. (S)

7 PM
7.20 **Parenthood** New edition 3/5. David Attenborough looks at how animal parents across grasslands are being forced to make new and difficult choices. (S)(AD)
■ Entire series on BBC iPlayer

8 PM
8.20 **Antiques Roadshow** Fiona Bruce presents the show from Portchester Castle on the Hampshire coast, where finds brought in include a previously unpublished poem by Siegfried Sassoon. (S)(R)

9 PM
9.20 **The Narrow Road to the Deep North** Series finale 5/5. Dorrigo returns from the war and tries to get on with his life. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day** Gabby Logan presents action from today's Premier League matches, including Chelsea v Crystal Palace and Manchester United v Arsenal. (S)
11.30 **Destination X** 5/10. The X-bus makes its way to one of Europe's biggest winemaking regions and the halfway point on this extraordinary journey. (S)(R)(AD)
12.30 AM **Destination X** 6/10. Host Rob Brydon reveals to everyone on the X-bus where in the world they actually are. (S)(R)(AD)
1.30 **Weather for the Week Ahead** (S)
1.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **A to Z of TV Gardening** (S)(R)
7.15 **Take a Hike** (S)(R)
7.45 **Countryfile** (S)(R)
8.40 **Breakfast** (S)
9.00 **Beechgrove Garden** (S)(R)
9.30 **Weatherman Walking: The Welsh Coast** (S)(R)
10.00 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.30 FILM **On the Waterfront** Oscar-winning drama with Marlon Brando and Eva Marie Saint. (S) (1954, b/w, PG, 105min) ★★★★★
1.15 PM **The Great British Sewing Bee** 5/10. Recycling garments. (S)(R)
2.15 LIVE **Rugby League: Super League** St Helens v Huddersfield Giants: From the Totally Wicked Stadium. Kick-off is at 2.30. (S)
4.30 **Fake or Fortune?** (S)(R)(AD)
5.30 **Flog It!** From Essex. (S)(R)

9.00 Murder Case

6.25 FILM **The Italian Job** Classic crime caper starring Michael Caine. A brilliant crook masterminds the theft of millions of dollars worth of gold bullion from a security van in Turin and uses three Mini Coopers for the getaway. With Noël Coward and Benny Hill. (S)(AD) (1969, PG, 95min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.00 **Top Gear** Jeremy Clarkson, James May and Richard Hammond test high-performance hatchbacks the Citroën DS3 Racing, Renaultsport Clio 200 Cup and Fiat 500C Abarth. (S)(R)

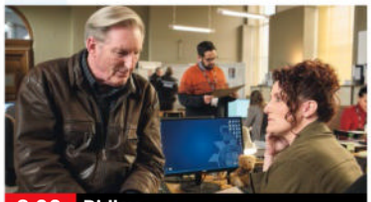
9.00 NEW SERIES **Murder Case: The Vanishing Cyclist** 1/2. The hunt for 63-year-old former naval officer Tony Parsons, who vanished without trace in 2017. (S)(AD)
■ Entire series on BBC iPlayer

10.00 FILM **The Silence of the Lambs** Psychological thriller with Jodie Foster and Anthony Hopkins. A young FBI agent enlists the help of a monstrous sociopath to catch a serial killer. (S)(AD) (1990, 18, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 FILM **The Commitments** Alan Parker's vibrant comedy drama about the struggles of a soul band in Dublin. Stars Robert Arkins, Angeline Ball and Andrew Strong. (S)(AD) (1991, 15, 115min) ★★★★
1.45 AM **Sign Zone: Destination X** 5/10. A winemaking region. (S)(R)(AD)
2.45 **Sign Zone: Here We Go** (S)(R)(AD)
3.15 **Sign Zone: Policing Paradise** (R)
3.45 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Ainsley's Good Mood Food** Dairy products. (S)(R)(AD)
6.30 **James Martin's Saturday Morning** With Charley Boorman. (S)(R)
8.25 **Katie Piper's Weekend Escape** New edition The host is joined by actor Hayley Tamaddon. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With Janie Dee and Michele Dotrice. (S)(R)
11.30 **Ainsley's Fantastic Flavours** New edition Mexican food. (S)
12.25 PM **ITV News** (S)
12.40 **Ninja Warrior UK** (S)(R)(AD)
1.45 **Catchphrase: Catchiest Moments** Memorable moments. (S)(R)(AD)
2.45 FILM **Octopussy** James Bond adventure starring Roger Moore. (S)(AD) (1983, PG, 160min) ★★★
5.25 **The Chase** Quiz show. (S)(R)



8.00 Ridley

6.30 **ITV News** (S)
6.45 **Local News** (S)

7.00 **Cooking with the Stars** New edition 3/6. Natalie Cassidy, Jack Osbourne, Jordan North, Shaun Wright-Phillips, Hugh Dennis and Kelly Hoppen take part in the first-ever six-way cooking battle. (S)

8.00 **Ridley** New episode *The Hollow Tree:* 2/4. The discovery of a decomposed body in Hawsley Wood sends shockwaves through the team as it is identified as a woman who vanished six years previously. As Ridley delves further into the case, he is forced to enlist the help of a disgraced ex-copper who oversaw the original investigation. (S2) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.15 FILM **Rise of the Planet of the Apes** Sci-fi thriller inspired by the film series, starring James Franco, Andy Serkis and Freida Pinto. A laboratory ape born with super-intelligence grows up determined to release his fellow apes from bondage. (S) (AD) (2011, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Teleshopping**
3.00 **Motorsport UK** Action from Oulton Park in Cheshire. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.10 AM **Cheers** 14-17/22. (S)(R)
8.00 **Everybody Loves Raymond** 8&9/25. (S2) (S)(R)(AD)
9.00 **Frasier** 7&8/24. (S10) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Joy Crookes, Alfie Allen, Susie Dent, Tom Grennan and Conor MacNeill.
1.00 PM **The Simpsons** (S)(R)(AD)
3.00 **Four in a Bed** The first venue of the week is Greenhills Hotel in Tenby, Pembrokeshire. (S)(R)
3.30 From Three Cliffs Bay Holiday Park in Swansea. (S)(R)
4.00 The third visit of the week is to the Tal-y-Cafn in Conwy. (S)(R)
4.30 The final visit is to Cambrian House B&B in Carno, Powys. (S)(R)
5.00 Payment Day arrives. (S)(R)
5.35 **Grand Designs** A couple plan to make a family home out of an abandoned water tower. (S)(R)(AD)

8.00 Titanic: Secrets of the Shipwreck

6.30 **News** (S)

7.00 **Our Tiny Islands** 2/4. Cameras tour the tiny island of Easdale in the Inner Hebrides, Northern Ireland's largest inhabited island, Rathlin, and the Isles of Scilly. (S)(R)(AD)

8.00 **Titanic: Secrets of the Shipwreck** Series finale 2/2. Scientist Robert Ballard uses the cover of US Navy missions looking for lost nuclear submarines to seek out the wreck. (S)(AD)

9.00 **Celebrity SAS: Who Dares Wins** New edition 5/8. The next task is a terrifying drop off a 130ft viaduct, and the height proves too much for one recruit. (S)(AD)
■ Continues tomorrow

10.00 **8 Out of 10 Cats Does Countdown** Roisin Conaty and Phil Wang compete against Joe Wilkinson and Lou Sanders. (S)(R)
11.00 **The Veil** New episode 5/6. Imogen takes matters into her own hands. (S1) (S)(AD)
11.55 FILM PREMIERE **Baby Ruby** Horror. (S) (2022, 15, 95min) ★★
1.30 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.20 **The Simpsons** (S)(R)(AD)
4.00 **Extraordinary Escapes with Sandi Toksvig** (S)(SL)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.40 **Kirstie's Fill Your House for Free**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.05 Entertainment News (S)
9.10 Cruising with Susan Calman Double bill of editions. (S)(R)
10.50 Cruising with Jane McDonald Triple bill of editions. (S)(R)
1.50 PM **Gibraltar: Jewel of the Med** A profile of the peninsula on Spain's southern coast. (S)(R)
2.50 Corfu: Jewel of the Med Joanna Lumley narrates a profile of the Greek island. (S)(R)
3.45 Inside Longleat Behind the scenes at Longleat. (S)(R)(AD) **4.40** Staff prepare for the Icons of the Sky festival. (S)(R)(AD)
5.40 Lost Worlds with Ben Fogle Ben heads to Cyprus to spend a week with the UN's Peacekeeping Force. (S)(R)

8.00 22 Kids & Counting

6.55 News (S)

7.00 Tesco: How Do They Really Do It? Behind the scenes of the giant supermarket chain, uncovering the secrets behind its success and consumer hacks. (S)(R)

8.00 22 Kids & Counting New edition Harley wants to adopt Ophelia, Millie's daughter from a previous relationship, but Millie worries about the impact it could have on her daughter. (S)

9.00 Rich Holiday, Poor Holiday New edition Bargain-loving best friends Jo and Lisa, and wealthy pals Jake and Arnie head to Croatia to experience two very different trips. (S)

10.00 Killer at the Crime Scene Investigating the murder of 82-year-old Mohammed Saleem, who was stabbed to death while walking home from Friday prayers. (S)(R)

11.05 Cold Case Killers (S)(R)
12.05 AM **Motorway Cops: Catching Britain's Speeders** (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Attack on Pearl Harbor: Caught by Surprise (S)(R)
3.50 Warship: Life at Sea (S)(R)
4.40 The Wonderful World of Chocolate (S)(SL)(R)
5.25 to **5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 Morph's Epic Adventures (S)(R)
6.55 The Brilliant World of Tom Gates (S)(R)(AD)
7.10 Monkey Life Double bill. (S)(R)
8.05 Super Shark Highway (S)(R)
10.00 The Office (US) (S9) (S)(R)
12.00 NOON **Secret World of Sound with David Attenborough** (R)
3.00 PM **Rob & Romesh vs NBA Basketball** (S)(R)
4.00 Rob & Romesh vs Darts (S)(R)
5.00 The Simpsons *Smart & Smarter:* Marge tries to get Maggie into a nursery for gifted children. (S)(R) **5.30** *The Ziff Who Came to Dinner:* Homer is sentenced to 10 years in prison. (S)(R) **5.55** *Wandering Juvie:* Bart gets sent to a juvenile detention centre. (S)(R)

6.45 Spider-Man

6.20 The Simpsons *Homer the Whopper:* Homer is cast as the lead in a superhero movie. (S)(R)

6.45 FILM **Spider-Man** Fantasy adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. With Kirsten Dunst, Willem Dafoe and James Franco. (S) (2002, 12, 121 min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.00 S.W.A.T. New episode *Human Interest:* 5/22. After Tan's girlfriend is kidnapped, 20 Squad race to track down the cartel leader behind the abduction. (S8) (S)

10.00 The Sopranos *Pilot:* 1/13. The first episode of the US gangster drama finds New Jersey mobster Tony Soprano suffering a midlife crisis. Stars James Gandolfini. (S1) (S)(R)

11.15 The Sopranos *46 Long:* 2/13. Tony finds himself inundated with pleas for help. (S1) (S)(R)
12.15 AM **The Walking Dead: Dead City** 6/8. Maggie considers forming an alliance. (S2) (R)
1.15 And Just Like That... (S3) (R)
2.00 Brassic 8/8. The gang set out to frame Manolito. (S5) (S)(R)(AD)
3.00 Road Wars (R)
4.00 to **6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
2.45pm FILM Ghostbusters: Spooky comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. (S)(AD) (1984, 12, 100min) ★★★★ **4.25** Wales on The One Show (S)(R) **4.55** Back in the Day (S)(R) **5.25-5.55pm** SOS: Extreme Rescues (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
4.30pm Weather Watchers with Barra Best (S)(R) **4.55** Fake or Fortune? (S)(R)(AD) **5.55-6.25** True North: The Social Knitwork (S)(R) **9.00** Chinook: Zulu Delta 576 (S)(R) **10.00** Inis na nlontas (S)(R) **10.50-11.50pm** NEW Murder Case: The Vanishing Cyclist (S)(AD)

WALES
Sky 968, Freesat 968
5.30pm Flog It! (S)(R) **5.55-6.25pm** Weatherman Walking: Pilgrims and Poets (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw New edition **9.00** Yn y Gwaed **10.00** Garddio a Mwy **10.30** Cynefin **11.30** Cais Quinnell (AD) **12.00noon** Busnes Bwyd **1.00pm** Colli Cymru I'r Môr (AD) **2.00** Arfordir Cymru: Môn **2.30** Codi Hwyl (AD) **3.00** Codi Hwyl (AD) **3.30** Cymry ar Gynfas **4.05** Redbull Hardline Cymru 2025 **5.05** Cefn Gwlad (AD) **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Hafiach (AD) **8.00** Sioe Môn **8.30** Sioe Môn **9.00** Llond Bol O Sbaen **10.00** Ysbyty **11.00-11.35pm** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Laugh Lessons**
7.05 The Gruffalo's Child Animated sequel with the voice of Robbie Coltrane.
7.30 FILM **Horrible Histories: The Movie** Family comedy spin-off starring Sebastian Croft and Craig Roberts. (2019, PG, 92min) ★★★
9.00 Stacey Dooley: Growing Up Gypsy Invited into the traditionally private Gypsy community, Stacey discovers the complex balancing act young women face growing up in one of Britain's most maligned ethnic minorities
9.45 People Just Do Nothing 1/6. The Kurupt FM boys decide to make a new track. **10.15** 2/6. Kurupt FM attempt to get a record deal. **10.45** 3/6. Grindah prepares himself for a possible jail sentence. (S3)
11.15 People Just Do Nothing
12.45 AM **Ashley Cain: Into the Danger Zone**
2.45 Fresh Cops
3.45 to **3.55** AM **Press X on the BBC**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Eisteddfod with Huw Stephens** 3/3. Huw presents music by soloists, choirs, folk bands, brass bands, rap, reggae and rock groups, as well as pop performances and classical music.
8.00 NEW **Aurora Orchestra Plays Shostakovich's Fifth** Linton Stephens presents a Prom from the Royal Albert Hall in which the orchestra perform Shostakovich's *Symphony No 5* from memory.
9.45 Omnibus: Frederick Delius – Song of Summer Biographical drama chronicling the last six years in the life of renowned composer Frederick Delius. Directed by Ken Russell and starring Max Adrian.
11.00 Delius: Composer, Lover, Enigma The career of composer Frederick Delius.
12.30 AM **Victoria Wood: The Secret List**
2.30 to **3.45** AM **Omnibus: Frederick Delius – Song of Summer**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
3.35 PM **Come Dine with Me** Ptol Slattery hosts the first dinner party in Winchester. **4.10** DJ Francis Leigh hopes to dazzle his guests with a sunburnt chicken curry. **4.40** Waitress Patricia confuses her guests by writing her menu in Spanish. **5.10** care-home worker Georgia hosts a black-tie evening, complete with red carpet and posh frocks. **5.45** Estate agent William Tilsley hosts the final night.
6.15 Four in a Bed The contest begins at Knockaloe Beg Farm on the Isle of Man. **6.50** The guests head to the Arches on the Isle of Man for their second stay. **7.20** The contestants arrive at The Trafford in Blackpool. **7.55** The B&Bers visit the Sheepy Lodge, Warwickshire. **8.25** The winner is revealed.
9.00 999: On the Front Line Police flag the paramedics down to help deal with a man who has overdosed.
10.00 24 Hours in A&E A woman is brought in after being run over and suffering severe blood loss.
11.05 24 Hours in A&E A 36-year-old man is involved in a traffic collision.
12.10 AM **999: On the Front Line**
1.15 24 Hours in A&E
3.25 to **3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.15 The Goldbergs
7.45 Ramsay's Kitchen Nightmares USA
9.50 The Big Bang Theory
1.25 PM **Junior Bake Off**
3.00 The Simpsons Five episodes of the comedy.
5.25 Lego Masters Australia New edition The remaining six teams have six hours to build fighting robots, or brickbots, which will battle to the death against each other in the Brickbot Arena.
6.40 FILM **Star Trek** Sci-fi adventure prequel starring Chris Pine and Zachary Quinto. Rebel Starfleet graduate James T Kirk falls foul of young Vulcan officer Spock when he joins the new Starship *Enterprise*. (2009, 12, 127min) ★★★★
9.00 FILM **Deadpool 2** Action comedy sequel starring Ryan Reynolds and Josh Brolin. The anti-hero tries to protect a young mutant being pursued by a heavily armed cyborg from the future. (2018, 15, 119min) ★★★★
11.20 Gogglebox
12.25 AM **Open House: The Great Sex Experiment**
1.25 Below Deck Down Under
2.20 Below Deck: Mediterranean
3.55 The Goldbergs
4.20 to **6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.30 **Caught Red Handed**
12.00 NOON **Caught on Dashcam**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare** Ten editions, including at: **5.00** A patrol boat is deployed to rescue a sinking vessel. **5.30** A backpacker attracts the attention of sniffer dogs. **6.00** Two lovers are separated by immigration officers. **6.30** An aggressive passenger forces officers to take action.

10.00 The Rookie

7 PM
7.00 **Nothing to Declare** A woman is caught carrying vials of drugs. **7.30** An aggressive passenger turns nasty.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Matlock** *The Rabbit and The Hawk:* 4/19. Olympia asks Matty to get closer with their current client. (S1)

10 PM
10.00 **The Rookie** *Speed:* 11/18. John and Celina find themselves in a hostage situation while working undercover. (S7)
11.00 **The Good Doctor** 1/20. (S4)
12.00 M'T **Bull** 3/16. (S5)
1.00 AM **Law & Order: Special Victims Unit** 2/13. (S25)
2.00 **Elsbeth** New episode 15/20. Crime drama. (S2)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
9.00 **Six Feet Under** 1–3/12. (S4)
12.05 PM **Six Feet Under** (S4)
2.15 **Game of Thrones** 9/10. Tyrion defends King's Landing against Stannis Baratheon's naval assault. **3.20** 10/10. Jon proves his worth to Qhorin Halfhand. (S2) **4.35** 1/10. Daenerys arrives in Slaver's Bay with an adviser looking to form an army. **5.40** 2/10. Arya encounters outlaw group the Brotherhood Without Banners. (S3)

9.00 True Detective

7 PM
6.50 **Game of Thrones** *Walk of Punishment:* 3/10. Jaime tries to strike a deal with his captors.
7.55 **Game of Thrones** *And Now His Watch Is Ended:* 4/10. Arya is brought before the commander of the Brotherhood Without Banners. (S3)

8 PM

9 PM
9.00 **True Detective** *Church in Ruins:* 6/8. Ray, Ani and Paul draw closer to the killer, while struggling with their own problems. (S2)

10 PM
10.10 **The Wire** *The Buys:* 3/13. The detail prepare to raid D'Angelo's crew at Franklin Terrace. (S1)
11.15 **Succession** 10/10. Logan weighs up a big decision. (S2)
12.40 AM **Julia** 1/8. Drama, starring Sarah Lancashire. (S1)
1.45 **The Leftovers** 8/10. (S2)
3.05 **Richard E Grant's Hotel Secrets** Miami's South Beach.
4.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
10.00 **Grimm** 11–13/13. (S6)
1.00 PM **Peacemaker** 1/8. Action comedy starring John Cena. **2.00** 2/8. Tension and mistrust build within the team. **3.00** 3/8. Economos and Murn bond during a mission. **4.00** 4/8. Murn recruits Vigilante following a somewhat successful mission. **5.00** 5/8. The undercurrent of tension finally explodes. **6.00** 6/8. Murn reveals his greatest secret. (S1)

9.00 S.W.A.T.

7 PM
7.00 **Peacemaker** *Stop Dragon My Heart Around:* 7/8. Harcourt, Murn, and Adebayo are surrounded by an alien force.

8 PM
8.00 **Peacemaker** *It's Cow or Never:* 8/8. The team must kill the cow before the aliens can finish its teleportation. (S1)

9 PM
9.00 **S.W.A.T.** New episode *Human Interest:* 5/22. Tan is left reeling when his girlfriend is kidnapped. (S8)

10 PM
10.00 **Creature Commandos** 1/7. Adult animation with the voice of Indira Varma. **10.25** 2/7. Ilana continues her pursuit of Flag. (S1)
10.50 **Creature Commandos** 3/7. GI Robot relives his glory days. **11.15** 4/7. Weasel ponders how he ended up in Belle Reve. (S1)
11.40 **Creature Commandos**
1.00 AM **The Walking Dead: Dead City** 6/8. (S2)
2.00 **Brassic** 8/8. (S5)
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **The Princess Diaries**
10.45 **Deal or No Deal**
12.45 PM **Wheel of Fortune**
1.45 **Celebrity Catchphrase**
2.50 **FILM Scoob!** Animated comedy with the voices of Will Forte and Mark Wahlberg. (2020, PG, 93min) ★★★
4.45 **FILM Mamma Mia! Here We Go Again** Musical sequel starring Amanda Seyfried, Lily James and Pierce Brosnan. (2018, PG, 114min) ★★★★

4.45 Mamma Mia! Here We Go...

7 PM
7.00 **FILM Mean Girls** Teen comedy starring Lindsay Lohan as a 15-year-old girl who moves from Africa to America and finds that she must learn a new law of the jungle when she enrols in an Illinois high school. (2004, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 **NEW SERIES The Only Way Is Essex** The cast jet off to Portugal for sun, sea and drama to mark the show turning 15.

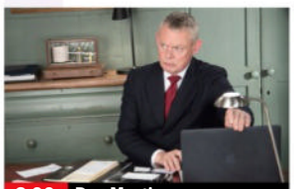
10 PM
10.05 **Botched** Surgeons Terry Dubrow and Paul Nassif set about salvaging a man's dog bitten nose.
11.05 **Family Guy** 18/20. Peter attracts the attention of a powerful figure. (S16)
11.30 **Family Guy** 13/20. (S16)
12.05 AM **American Dad!** (S13&12)
1.05 **The Stand Up Sketch Show**
2.05 **Buffering** 6/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.35 **A Touch of Frost**
8.40 **Agatha Christie's Poirot**
11.50 **Foyle's War** *High Castle.*
1.50 PM **The Darling Buds of May** 1/7. Pop sets his sights on an elderly widow's home. **2.55** 2/7. Part two of two. Preparations get under way for the christening. (S2)
4.00 **Agatha Christie's Marple** *Why Didn't They Ask Evans?* The sleuth teams up with a friend and a socialite to solve the riddle of a man's last words.


8.00 Doc Martin

7 PM
6.00 **Midsomer Murders** *The Dogleg Murders:* Barnaby investigates a murder at a golf club. With Nicholas Le Prevost.

8 PM
8.00 **Doc Martin** *Farewell, My Lovely:* 3/8. Al's career plans are derailed when Ken announces that he is closing the pub.

9 PM
9.00 **Doc Martin** *Faith:* 4/8. Morwenna discovers her mother has cancer – and is refusing treatment. (S8)

10 PM
10.00 **Vera** *Death of a Family Man:* The detective investigates the death of a businessman who was working as an informant.
11.50 **Joan** 3/6. Boisie and Joan set out on a scheme to steal a painting by George Stubbs. **12.50** AM 4/6. Boisie struggles to find a buyer for the stolen painting.
1.50 **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** In Dundee, the team help save Britain's oldest wooden ship.
8.00 **Paramedics on Scene** A Livingston crew attend a road accident.
9.00 **Greetings from Scotland** 2/2. Two events that transformed Scottish tourism in 1995.
10.00 **Still Game** 1/6. Jack visits his daughter in Canada. (S3)
10.30 **Scot Squad** 3/6. Singh and McKirdy gallantly help out a hen party. (S4)
11.00 **Edinburgh Unlocked** 2/3. With actor and climate campaigner Eunice Olumide.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases** The criminologist dissects the mindset of serial killers.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S2)
10.15 **Veep** (S2&3)
12.05 PM **Divorce** 1–6/6. (S3)
3.35 **Sex and the City** (S6)
6.15 **The Office (US)** Five episodes, including at: **7.30** 17/25. Oscar attends the funeral of Dwight's Aunt Shirley. **8.00** 18/25. The employees get hold of documentary promos. **8.30** 19/25. Jim and Pam have counselling. (S9)
9.00 **Veep** 3/10. Selina plans to announce she will be running for president. **9.35** 4/10. Selina goes on a tour of technology company Clovis. (S3)
10.15 **Chris Ramsey: Live from London** Stand-up performance.
11.15 **And Just Like That...**
12.00 M'T **Sex and the City**
1.40 AM **Entourage** (S2)
2.45 **Somebody Somewhere**
3.55 **to 5.00** AM **How to Make It in America**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Bregenz: Madama Butterfly**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Comedy Legends**
2.00 **Opry Live**
3.00 **Cirque du Soleil: Amaluna** A re-imagining of *The Tempest.*
4.10 **Classic FM Live at the Movies** A concert celebrating film music.
6.10 **I Am Steve McQueen**
8.00 **FILM The Great Escape** Classic PoW escape adventure. (1963, PG, 166min) ★★★★★
11.15 **Discovering: Charles Bronson**
12.15 AM **The Story of British Cinema: Pioneer Years**
1.45 **Louis Armstrong: Good Evening Ev'rybody**
3.00 **Ella Fitzgerald: Live at Montreux**
4.30 **The Great Songwriters**
5.30 **to 6.00** AM **Discovering: Carpenters**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Let's Game**
8.25 **Silly Pets**
8.35 **Impossible Animals**
8.45 **Isadora Moon**
9.00 **Caught on Dashcam**
10.00 **Star Trek: The Next Generation** (S2)
3.00 PM **Border Security: Canada's Front Line**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** *The Fugitive:* 5/22. John and Celina hunt for a fugitive. **9.00** *The Reckoning:* 6/22. Nolan and Celina investigate a cash deposit linked to an old DEA case. (S5)
10.00 **NCIS: Los Angeles** 17&18/21. Double bill of the crime drama. (S14)
12.00 M'T **Caught on Dashcam** Road disasters.
1.00 AM **Send in the Dogs**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 **Lingo**
10.00 **Tipping Point**
1.00 PM **Lingo**
2.00 **Wheel of Fortune**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Game show, hosted by Stephen Mulhern, in which one more contestant tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard, in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000.
12.00 M'T **Wheel of Fortune** With Graham Norton.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Highway to Heaven**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **FILM Father of the Bride** Comedy starring Steve Martin. (1991, PG, 105min) ★★
7.20 **FILM Father of the Bride Part II** Comedy sequel with Steve Martin and Diane Keaton. (1995, PG, 106min) ★★
9.40 **FILM Maid in Manhattan** Romantic comedy starring Jennifer Lopez and Ralph Fiennes. A romance ensues after a politician mistakes a chambermaid for a socialite. (2002, PG, 105min) ★★★
12.00 M'T **The New Avengers**
2.00 AM **The Avengers**
3.00 **Randall and Hopkirk (Deceased)** 2/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Auto Mundial**
6.30 **Motorsport UK**
7.25 **Cadfael** 4/4. (S1)
9.00 **English Football League Highlights** Recent EFL action.
10.30 **Snooker v Darts**
10.45 LIVE **British Touring Car Championship** Coverage of the seventh meeting of the season, featuring the 19th, 20th and 21st races, which come from Knockhill.
6.15 PM **The Best of the 90s**
6.30 **Made in Britain** Paint and luxury wallpaper.

8.00 Everest

7.00 **Junk and Disorderly** Henry Cole and Sam Lovegrove scour the country for bargains.

8.00 FILM **Everest** Fact-based adventure starring Jason Clarke, Josh Brolin, Jake Gyllenhaal, Emily Watson and Keira Knightley. Two expeditions set out climb Everest, only to get caught in one of the fiercest snowstorms ever to be recorded. (2015, 12, 121min) ★★★★
SEX●●● VIOLENCE●●● LANG●●●

10.20 FILM **RoboCop 2** Sci-fi action drama sequel starring Peter Weller and Nancy Allen. (1990, 18, 114min) ★
SEX●●● VIOLENCE●●● LANG●●●

12.30 AM **Berlin Station** New episode 4/10. Daniel and Hector hack a newspaper to trace the leaks. (S1)
1.40 **BattleBots**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate Atlantis** (S3)
4.00 PM **Star Trek: Deep Space Nine** 1/20. Part one of two. Pilot of the sci-fi drama. Commander Sisko seeks out a Bajoran spiritual leader to negotiate his people's admission to the Federation. **5.00** 2/20. Part two of two. Sisko searches for stolen orbs. **6.00** 3/20. Kira's loyalties are divided when she faces a difficult decision. (S1)

9.00 Anti-Life

7.00 **Star Trek: Deep Space Nine** *A Man Alone:* 4/20. Odo is implicated in a murder, raising doubts about his true nature.

8.00 **Star Trek: Deep Space Nine** *Babel:* 5/20. An epidemic sweeps through the crew, and Kira must find an antidote. (S1)

9.00 FILM **Anti-Life** Action sci-fi thriller starring Bruce Willis and Cody Kearsley. A junior mechanic aboard a interstellar ship must outwit a cosmic terror intent on using the spaceship as a weapon. (2020, 15, 93min) ★★
SEX●●● VIOLENCE●●● LANG●●●

11.00 **The Leftovers** 6/10. Nora and Erika must face up to some painful questions. **12.10** AM 7/10. Laurie makes a rash decision, and Jill embarks on an adventure. **1.20** 8/10. Kevin faces an impossible choice. (S2)
2.35 **The Leftovers** 9&10/10. (S2)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S17)
9.50 **Inspector Alleyn Mysteries**
12.00 NOON **Father Brown**
4.00 PM **Maisie Raine** 5/6. Maisie's brother Kelvin is robbed after winning money at a casino. **5.00** 6/6. A girl's suicide attempt has far-reaching repercussions. (S1)
6.00 **Beyond Paradise** 3/6. The peaceful community of Shipton Abbott is rocked when a beloved painting disappears in a seemingly impossible heist. (S1)

11.00 Shakespeare & Hathaway

7.00 **Beyond Paradise** 4/6. Reports of strange lights in the sky lead ramblers to a crop circle where they find a body. (S1)

8.00 **Death in Paradise** *Pirates of the Murder Scene:* 4/8. A body is found on a boat, and suspicion falls on the victim's family.

9.00 **Death in Paradise** *Switcharoo:* 5/8. New DI Neville Parker is called in when a woman is found dead in a bathtub. (S9)

10.00 **Father Brown** *The Fall of the House of St Gardner:* A gossip columnist is killed after threatening to expose a fashion house.

11.00 **Shakespeare & Hathaway: Private Investigators** 3/10. The duo investigate the drowning of a beauty queen. **12.00** M'T 4/10. An American PI is arrested for murder. (S4)
1.00 AM **Beyond Paradise** (S1)
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Only Fools and Horses**
1.00 PM **Only Fools and Horses** As shown at 6.40pm. **2.20** Christmas special from 2002. The Trotters embark on a booze cruise to France . **4.00** Christmas special from 1987. Del sets out to find his mother's treasure trove. **5.20** Christmas special from 1986. Rodney starts dating an aristocrat's daughter. **6.40** Part two of the Christmas 1996 trilogy. The Trotters' finances hit an all-time low.

9.20 Men Behaving Badly

Only Fools and Horses (started at 6.40pm)

8.00 **Red Dwarf** The crew find themselves in a virtual reality Wild West town. **8.40** Lister is forced to marry the daughter of an alien tribal chief.

9.20 **Men Behaving Badly** Gary celebrates his reunion with Dorothy by making her a video.

10.00 **Men Behaving Badly** Gary dedicates himself to looking after Dorothy. **10.40** Gary finds Dorothy in bed with Tony.

11.20 **Men Behaving Badly** Tony returns from holiday. **12.00** M'T Tony develops an interest in astrology.
12.40 AM **Men Behaving Badly**
2.45 **Here We Go**
3.15 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers Everyday Gourmets** Party food.
8.00 **American Pickers**
10.00 **Our Guy in India**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.00 **Hairy Bikers' Best of British**
5.00 **Mediterranean with Simon Reeve** The journey concludes in Morocco, Spain, Corsica and the French Riviera.
6.00 **Caribbean with Simon Reeve** The adventurer visits the Dominican Republic, Haiti and Puerto Rico.

7.00 Bradford on Duty

7.00 **Bradford on Duty** The documentary series follows those who are determined to help some of Bradford's most vulnerable residents.

8.20 **Would I Lie to You?** With Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards.

9.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guests Tom Peck and Nabil Abdulrashid.

10.00 **QI** With Sean Lock, Phill Jupitus and Charlie Higson.
10.40 **Mock the Week** With Angela Barnes, London Hughes and Rhys James.
11.20 **Mock the Week** With James Acaster, Tom Allen, Ari Eldjarn, Ed Gamble and Ellie Taylor.
12.00 M'T **Live at the Apollo** Featuring Ria Lina, Lucy Beaumont and Josh Pugh.
1.00 AM **Schitt's Creek** (S4)
3.00 **to 4.00** AM **Mike**

+1 hour 211/212 327 74 259

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
1.00 PM **Four in a Bed**
2.00 **George Clarke's Remarkable Renovations**
3.00 **George Clarke's Kitchen vs Garden**
4.00 **A Place in the Sun**
8.00 **Supercruising: Life at Sea** The *MS Nieuw Statendam* drops anchor at the private island of Half Moon Cay in the Bahamas.
9.00 **Gogglebox** Opinions on *Britain's Got Talent*, *Baby Reindeer* and *Red Eye*. **10.00** Shows including *Bridgerton* and *The Piano* are appraised.
11.05 **1,000 Men and Me: The Bonnie Blue Story**
12.25 AM **Swingers**
1.30 FILM **Baby Ruby** Psychological horror. (2022, 15, 95min) ★★
3.15 **24 Hours: The Japanese Surrender**
4.15 **to 4.45** AM **Britain's Most Expensive Houses**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S6)
1.00 PM **NCIS** Eight episodes of the drama, including at: **5.00** 5/20. A corporal is suspected of murder. **6.00** *Institutionalised:* 6/20. Kasie's best friend is suspected of murder. **7.00** *No Vacancy:* 7/20. The team uncover spy cameras hidden in the rooms of a motel. **8.00** *Musical Chairs:* 8/20. A musician is murdered. (S17)
9.00 **NCIS: Hawaii** *Nightwatch Two:* 20/22. Lucy receives a strange call on night watch from a man admitting to murder. (S2)
10.00 **Law & Order: Special Victims Unit** (S17)
11.55 **The Resident** (S4)
1.50 AM **Criminal Minds: Evolution** 4/22. (S16)
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S1)
10.00 **Nightmare Tenants, Slum Landlords**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including: **7.00** Officers chase down a dangerous driver. **8.00** Officers pursue a transit van tearaway.
9.00 **999: Emergency Call Out** A team are called to the scene of a suspected terrorist bomb in Dartford.
10.00 **Car Pound Cops** New edition Tracking cars as they are seized for a variety of offences.
11.00 **Banged Up Abroad**
12.00 M'T **Love You to Death: Mommy's Missing** New edition The case of missing Susan Powell.
1.20 AM **Police Interceptors**
2.15 **Prodigal Son** (S2)
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Highway Patrol**
9.40 **Ice Road Truckers**
11.40 **Outback Truckers**
1.40 PM **Trucking Heavy: Massive Moves**
2.45 FILM **Day of Anger** Western with Lee Van Cleef and Walyer Rilla. (1967, 15, 95min) ★★
4.30 FILM **Beyond the Law** Spaghetti Western starring Lee Van Cleef. (1968, 12, 90min) ★★
6.55 **Motorway Cops: Catching America's Speeders** Triple bill of the documentary series.
10.00 FILM **Sniper** Action thriller starring Tom Berenger and Billy Zane as a mismatched pair of assassins sent into the Panamanian jungle to eliminate a rebel leader. (1992, 15, 97min) ★★★
12.05 AM **Police Interceptors**
1.05 **to 4.00** AM **Motorway: Hell on the Highway**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
7.00 **Inside the Ambulance** An ambulance crew rush to help a patient with suspected sepsis. **8.00** Crews fight to restart a man's heart after he had a cardiac arrest and crashed the van he was driving.
9.00 **Inside the Operating Theatre** A woman needs an urgent operation to stop her persistent nose bleeds. **10.00** A seven-year-old girl has an operation to straighten her squint.
11.00 **Lies, Deceit and Betrayal** Double bill.
1.00 AM **Death at the Mansion: Rebecca Zahau** Documentary.
1.55 **to 3.00** AM **Louis Theroux: Dark States – Murder in Milwaukee**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.35 **The Bill**
12.35 PM **Kingdom**
3.35 **Catherine Cookson's A Dinner of Herbs**
6.40 **Call the Midwife** 2/9. Lucille becomes heavily invested in the care of an isolated man. (S12)
8.00 **Sister Boniface Mysteries** *Queen of the Kitchen:* 8/10. Sister Boniface investigates when a bakery show contestant is poisoned by her own cake. (S1)
9.00 **Silent Witness** *Lost:* A body is linked to a murder case from 1985.
11.20 **Whitstable Pearl** *Prisoners of the Past:* 4/6. Pearl learns that Charlie is back from Canada. (S3)
12.20 AM **Death in Holy Orders** 2/2. Drama.
2.15 **Hamish Macbeth**
3.05 **to 4.00** AM **The Count of Monte Cristo**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Long Lost Family: What Happened Next** Following the story of a pair of reunited siblings as they investigate a family mystery and try to trace a missing sister. **8.00** Three stories of sons coming to terms with the past, including Marc's effort to bond with his birth mother.
9.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** Quiz show.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Classic Who Wants to Be a Millionaire?**
4.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
6.00 **The Chase Celebrity Special** Angellica Bell, Oritse Williams, Leslie Ash and Ian Lavender compete for charity.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** Patrick Baladi, Vicky Williamson, John Craven and Kevin Eldon take part in the quiz.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **FILM King of Texas** Western adventure. (2001, PG, 90min) ★★
10.15 **Wanted: Dead or Alive**
11.15 **FILM The Quick Gun** Western. (1964, PG) ★★
1.15 PM **FILM The Texas Rangers** Western. (1951, U, 75min) ★★★
3.00 **FILM Ten Wanted Men** Western drama. (1955, U, 80min) ★★★
4.50 **FILM The Tall T** Western. (1957, PG, 78min) ★★
6.40 **FILM Red Headed Stranger** Western. (1986, 15, 105min) ★★
9.00 **FILM American Outlaws** Western starring Colin Farrell. (2001, 12, 94min) ★
11.05 **FILM Escobar** Biopic starring Javier Bardem. (2017, 15, 123min) ★★
1.40 AM **FILM Jetstream** Sci-fi disaster drama. (2012, 12, 88min) ★★
3.30 **to 5.00** AM **Cops Uncut**

+1hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Sue Thomas: F.B.Eye**
1.10 PM **FILM Garage Sale Mysteries: The Mask Murders** (2018, PG) ★★
3.10 **FILM Lost Letter Mysteries: From Paris with Love** (2015) ★★
5.05 **FILM Lost Letter Mysteries: One in a Million** Drama. (2016, PG, 84min) ★★
7.05 **FILM Lost Letter Mysteries: From the Heart** (2016, PG) ★★
9.00 **FILM Martha's Vineyard Mysteries: Riddled With Deceit** Drama. (2020, PG) ★★
10.55 **FILM Woman on the Edge** Thriller. (2018, PG, 89min) ★★
12.50 AM **FILM Killer Ending** Thriller. (2018, 12) ★★
3.00 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM Betrayed By Lies** Drama. (2018, PG) ★★

+1hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Love on the Menu** Romantic drama. (2019, PG, 90min) ★★
10.05 **FILM Pumpkin Pie Wars** Romantic comedy. (2016, PG, 79min) ★★
12.00 NOON **FILM Home for Harvest** Romance. (2019, PG, 90min) ★★
2.05 PM **FILM Under the Autumn Moon** Comedy. (2018, PG, 86min) ★★
4.00 **FILM Autumn Dreams** Comedy. (2015, PG) ★★
5.55 **FILM October Kiss** Romantic drama. (2015, PG, 90min) ★★
8.00 **FILM Raise a Glass to Love** Romantic drama. (2021, PG, 84min) ★★
9.55 **FILM Love, Fall & Order** Romantic drama. (2019, U, 84min) ★★
11.50 **FILM Law of Attraction** Romantic comedy. (2020, PG, 84min) ★★
1.50 **to 5.00** AM **Highway to Heaven**

+1hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **A Sharp Intake of...**
10.00 **Jokers Wild**
10.30 **Please Sir!** (S2)
11.30 **Jokers Wild**
12.00 NOON **In Loving...**
1.30 PM **FILM Press for Time** Madcap comedy. (1966, U, 99min) ★★
3.30 **Secrets of the Coast**
4.00 **Tracing the Rails**
4.30 **Jack Hargreaves' Old Country**
5.00 **Walking Westward**
5.30 **Jokers Wild**
6.00 **We Had One of Those**
6.10 **In Loving Memory** (S4)
7.40 **Please Sir!** Double bill.
8.40 **The Strange World of Gurney Slade** 6/6. (S1)
9.15 **Police Woman** (S1)
10.15 **Dark Skies** (S1)
12.15 AM **FILM Press for Time**
2.15 **A Sharp Intake of Breath** 3/7. (S1)
2.45 **Mysterious Tales**
2.50 **Cut Price Comedy Show**
3.50 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Iron Resurrection**
7.00 **Expedition Bigfoot** The team encounter more than they bargained for. **8.00** Bryce reaches out to an ex-federal agent.
9.00 **Alien Encounters: Fact or Fiction** A man shares an original Area 51 video from 1992. **10.00** A military man has found a portal.
11.00 **Expedition X** Horrified locals in Iowa report sightings of a giant winged creature. **12.00** M'T Phil and Jess gain unprecedented access to Fort Morgan. **1.00** AM Phil and Jess dive deeper into the history of Fort Morgan.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
12.00 NOON **Jamie's Easy Meals for Every Day**
1.00 PM **James Martin's Champagne**
2.00 **James Martin's Brittany**
2.30 **James Martin: Sweet**
3.00 **The Great British Bake Off** Six editions.
9.00 **River Cottage Every Day** Hugh Fearnley-Whittingstall rejuvenates the working-week lunch, creating an extravagant cheese sandwich. **10.00** Hugh bakes bread, with recipes ranging from white loaves to tangy sourdoughs. **11.00** Hugh prepares a variety of treats, including Genoese sponge cake and lemon curd muffins.
12.00 M'T **River Cottage Veg**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Zodiac: Signs of the Apocalypse** Sci-fi disaster drama. (2014, PG, 120min) ★
9.00 **The Fall Guy**
2.00 PM **FILM The Pledge** Western drama. (2008, PG, 79min) ★★★
4.00 **FILM The Virginian** Western adventure. (2014, 12, 90min) ★★
5.55 **FILM Jory** Western. (1972, 12, 97min) ★
8.00 **The Twilight Zone** (S1)
9.00 **FILM Empire State** Crime thriller starring Liam Hemsworth. (2013, 15, 90min) ★★
10.55 **FILM Machete Kills** Action thriller sequel starring Danny Trejo. (2013, 15, 105min) ★★
1.00 AM **FILM They Live** Sci-fi action adventure. (1988, 15, 95min) ★★★
2.55 **to 4.50** AM **FILM The Blood on Satan's Claw** Horror thriller. (1970, 18, 93min) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Weather Wars** Sci-fi action thriller. (2011, 15, 82min) ★★
8.00 **FILM Shark Lake** Thriller. (2015, 15, 89min) ★★
10.00 **FILM Apocalypse Pompeii** Disaster drama. (2014, 15, 87min) ★
12.00 NOON **FILM 7 Guardians of the Tomb** Sci-fi action adventure. (2018, 12, 90min) ★★
2.00 PM **FILM Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
4.00 **The A-Team** (S4)
9.00 **FILM The Man Called Noon** Western drama starring Richard Crenna and Stephen Boyd. (1973, 15, 98min) ★★
10.55 **FILM The Golem** Horror wirg Hani Furstenberg. (2018, 15, 95min) ★★
1.00 **to 3.00** AM **FILM The Man Called Noon** As shown at 9.00pm.

+1hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters**
8.00 **Junk and Disorderly**
10.00 **Alien Corridors**
12.00 NOON **UFOs: The Lost Evidence** Double bill.
2.00 PM **Cities of the Underworld**
7.00 **Cities of the Underworld** Europe's underworld after the fall of the Roman Empire.
8.00 **Secret Societies: In the Shadows** The Skull and Bones secret society at Yale University.
9.00 **Forbidden History** A look at atrocities carried out in the name of national security.
10.00 **Egypt's Unexplained Files** Double bill.
12.00 M'T **Close Encounters Down Under**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Paranormal Survivor**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 166 138 46 133 30

9.00 AM **Entertainment News**
9.05 **The Yorkshire Vet**
9.35 **All Creatures Great and Small** 6/7. (S2)
10.35 **All Creatures Great and Small Christmas Special** 7/7. (S2)
11.45 **Columbo** Five episodes of the mystery drama,.
7.35 PM **Mike Yarwood: Thank You for the Laughs** The impressionist's two daughters examine their father's life and career.
9.00 **Leonard Rossiter: Comedy Great** A celebration of the actor's life and career.
10.30 **Bradley Walsh's Comedy Heroes** The presenter looks at favourite double acts.
12.00 M'T **Autopsy** Prince.
1.00 AM **Nazi Megastructures**
2.00 **Digging Up Britain's Past** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Five editions of the property series in which people search for their ideal rural retreats.
6.00 **Mini Reni** Joanna Gaines revives a primary bath and connecting sunroom with a classic design and a colour palette that feels original to the old home. **6.30** Joanna creates two very different looks that bring old-world character and personality into home offices for a husband and wife.
7.00 **A Place in the Sun** Six editions featuring advice on buying a second home abroad.
1.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 139 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **7 Little Johnstons**
7.00 **Good Bones**
8.00 **Sister Wives** The Brown family discuss the future.
9.00 **Jay & Pamela**
10.00 **My Strange Addiction: Still Addicted?**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **My Strange Addiction: Still Addicted?**
3.00 **Body Bizarre**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Blockbusters**
9.00 **Stupid Central**
10.00 **Friends** (S7)
8.00 PM **Friends** 13/24. Monica mistakenly believes Joey is infatuated with Phoebe. **8.30** 14/24. A worried Joey takes Rachel to hospital. (S8)
9.00 **FILM The 40-Year-Old Virgin** Comedy starring Steve Carell and Catherine Keener. (2005, 15, 116min) ★★★★
11.15 **Stupid Central**
12.15 AM **Whose Line Is It Anyway? USA**
1.15 **CC Live: Stand Up Shorts** With Katie Green.
1.45 **Mike Judge's Beavis and Butt-Head**
2.45 **South Park** 12/14. (S14)
3.15 **Beavis and Butt-Head**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** 12&13/25. (S5)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S5)
3.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 3/24. Rachel reveals the identity of the father of her baby. **7.30** 4/24. Ross and Rachel argue about why they slept together. **8.00** 5/24. Ross is horrified to learn that Rachel has a date. **8.30** 6/24. Phoebe Ursula's attracted to her twin sister's fiancé. Guest stars Sean Penn. (S8) **9.00** 9/24. Chandler returns from Tulsa to visit Monica. (S9)
9.30 **Friends** (S9)
2.00 AM **Impractical Jokers**
3.00 **Key & Peele**
5.05 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **The Force: Manchester**
11.00 **Nothing to Declare**
1.00 PM **Blood & Treasure**
6.00 **Highway Patrol**
9.00 **Reginald the Vampire** *Blood, Sweat and Glitter:* 6/10. Reginald, Sarah and Maurice travel to Spokane and an End of the World Vampire party hosted by Abraham. **10.00** *Terminal Eternity:* 7/10. Reginald and Maurice try to figure out Claire's part in their fight. **11.00** *We Can Be Heroes (Just for One Day):* 8/10. The group become trapped in the Slushy Shack. (S2)
12.00 M'T **Reginald the Vampire** 9&10/10. (S2)
2.00 **A League of Their Own Road Trip: Loch Ness to London**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Celebrity Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Four editions.
5.00 **Catfish: Love Triangles**
6.00 **Catfish: The TV Show** Max returns to help Zahra find out who T is. **7.00** Sebastian needs help finding out what Allison is hiding. **8.00** Reign needs answers from Piers about why he disappeared.
9.00 **Badass Brides**
10.00 **Ink Master: OGs vs. Young Guns**
11.00 **Jersey Shore Family Vacation** Reality series.
12.00 M'T **The Challenge: Vets & New Threats**
1.30 AM **Caught in the Act: Unfaithful**
2.20 **I Used to Be Fat**
3.10 **to 4.00** AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Building Off the Grid** Six editions, including at: **3.00** PM A creative family build a custom home in Colorado's last frontier. **4.00** Joey Caiafa takes on a dream project of building a cabin suited for the ultimate outdoorsman in Colorado. **5.00** A Colorado couple build one of the most energy-efficient homes in the state.
6.00 **Scrap Kings** A sculptor is on the hunt for scrap material in Woolavington, Somerset.

6.00 Scrap Kings

7.00 **Alaska: Homestead Rescue** The Raneys are in Maine to come to the aid of a couple whose homestead is overrun with boglands. They build structures to help with the brutal winters.
9.00 **Land Rush** A chainsaw accident shuts down Danny's build, and Jim carries tons of lumber through the woods.
10.00 **Street Outlaws: Locals Only** As Colorado locals compete in the thin air at Bandimere Speedway, the last local standing goes up against Jeff Lutz.
11.00 **Roadworthy Rescues** Derek wants to drive a 1947 Studebaker Champion home.
12.00 M'T **Alaskan Bush People**
4.00 AM **How It's Made: Dream Cars** The Rolls-Royce Dawn.
4.30 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** A Missouri treehouse cabin on the verge of collapse.
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Treehouse Masters** Pete shares some of his favourite moments from the series.
6.00 **Bad Dog!** A dog digs large ditches in its owners' back garden, while goats run amok at a birthday party.

8.00 Little Giants

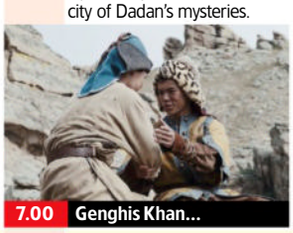
7.00 **How Do Animals Do That?** The secret behind a kangaroo's hop. **7.30** How cats always land on their feet.
8.00 **Little Giants** Bradley and Billy track down the giant scolopendra centipede. **8.30** The search for a majestic micro-dragon.
9.00 **The Zoo** A red-ruffed lemur is rushed to the health centre when keepers discover a nasty wound on its leg.
10.00 **Tanked** A Las Vegas laundry commissions the boys to come up with an aquarium built into a real washer-dryer unit.
11.00 **Alaska: The Last Frontier** A chimney fire threatens to destroy Otto's cabin.
12.00 M'T **Fish or Die** The anglers search for barramundi.
1.00 AM **Saved by the Barn**
2.00 **Alaskan Bush People**
3.00 **Little Giants**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation: Special Report**
9.00 **Colossal Machines**
11.00 **Megafactories**
12.00 NOON **Car S.O.S**
2.00 PM **Secret Nazi Science**
3.00 **Inside the SS** Double bill.
5.00 **Nazi Megastructures: Battle Ready** How enslaved labour, trains and railways were important to the Axis strategy.
6.00 **Lost Treasures of Arabia** A team of archaeologists try to decipher the ancient city of Dadan's mysteries.


7.00 Genghis Khan...

7.00 **Genghis Khan: The Secret History of the Mongols** New edition Temujin returns from exile to unite the Mongol tribes.
8.00 **Lost Ships of WW2** New edition A search for four Allied cruisers that went down in flames in one night.
9.00 **Naming the Dead** New edition Identifying a body found in the desert 32 years previously.
9.50 **Destruction Decoded** The most dramatic collapses in history, including the footbridge disaster in Morbi in 2022.
10.50 **Air Crash Investigation** Pilots try to land a plane with flames emerging through the cockpit floor.
11.50 **Air Crash Investigation**
1.50 AM **Inside Airport Lost & Found** Documentary.
2.50 **Food Factory** Double bill.
3.45 **Abandoned** Double bill.
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Pawn Stars** Four editions.
8.00 **Alone** Dug North showcases his bushcraft and survival skills.
9.00 **Pawn Stars** Double bill.
10.00 **Storage Wars** Six editions.
1.00 PM **Hell on Earth: WWII** Four editions, including at: **4.00** The lifting of the siege of Leningrad after 900 days and the Battle of Normandy.
5.00 **Digging Up Britain's Past** Alex Langlands and Helen Skelton explore Stonehenge. **6.00** Unearthing the secrets of Viking burial grounds.

1.00 Hell on Earth: WWII

7.00 **Viking Dead** Investigating evidence of conflict between the English and the Vikings at a burial site called Ridgeway in Dorset.
8.00 **Viking Dead** Experts are in Estonia to analyse the remains of two Viking boats that were filled with dead bodies.
9.00 **Royal Murder Mysteries** The mysterious death of the Duke of Kent in a 1942 plane crash.
10.00 **Royal Murder Mysteries** Calls to reinvestigate the suspicious death of King Ludwig of Bavaria in 1886.
11.00 **Secrets Declassified with David Duchovny** Uncovering tales of governments striking dark deals with cults, mobs and even sworn enemies.
12.00 M'T **The UnBelievable with Dan Aykroyd** A look strange medical cases recorded throughout history.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Antiques Roadshow**
11.00 **Bangers & Cash** Triple bill.
2.00 PM **Martin Clunes: Islands of Australia** 1-3/3. Triple bill.
5.00 **Canal Boat Diaries** Robbie Cumming concludes his epic 170-mile journey across the north of England. **5.30** Robbie makes a running repair to his narrowboat on the Tinsley lock flight. **6.00** Robbie tackles the fast-flowing River Trent. **6.30** Robbie runs aground and breaks down in Nottingham.

5.00 Canal Boat Diaries

7.00 **Operation Arctic** Presenter Kate Humble meets the Inuit artists inspired by the changing world around them.
8.00 **Classic Car Kings** Irv and the team update a 1977 Daimler Sovereign Coupe by giving it a slick, modern makeover.
9.00 **Bangers & Cash** Dave heads to Nottinghamshire to collect a Mark 1 Capri and a 2 litre Ghia Cortina.
10.00 **Bangers & Cash** Dave travels to Bedale to extract a 1984 Manta GTE that hasn't seen the light of day in 30 years.
11.00 **Bangers & Cash** There's Hollywood glamour in the air as Derek heads out to pick up a Rolls-Royce that once belonged to Fred Astaire **12.00** M'T Paul and Charlie get the chance to pick up a trio of iconic Austin Healeys.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Sunday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Massive Engineering Mistakes**
8.00 **Vinnie Jones in the Country** Six editions.
2.00 PM **Johnny Vegas' Little Shop of Antiques**
8.00 **Salvage Hunters** Drew and Viki visit collectors with unusual treasures.
9.00 **The Yorkshire Auction House** Angus uncovers a rare coin collection and some vintage hair cutting gear. **10.00** Angus helps a grieving daughter clear her late mum's huge collection of bells. **11.00** A cancer survivor calls on Angus to sell family heirlooms.
12.00 M'T **Massive Engineering Mistakes**
1.00 AM **Aircrash Confidential**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **Faking It: Tears of a Crime** Four editions.
7.00 **Faking It: Tears of a Crime** The case of TV weatherman Fred Talbot. **8.00** The crimes of Dr Harold Shipman.
9.00 **A Killer's Mistake** In Louisiana, 23 young men are found dead over a nine-year period. **10.00** A man's perverted crimes go undetected for years.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** During a bitterly cold Michigan winter, a young father disappears.
7.00 **Bloodline Detectives** Officers use a new forensic science tool to find the killer of Cathy Sposito, who was killed on an hiking trail in 1987. **8.00** Modern forensics are used to find the murderer of Susan Eads, who was killed in 1983.
9.00 **The Killer You Know** Young love turns deadly for three couples when jealousy and greed turn their relationships sour. **10.00** Three murder cases end in betrayal by the victims' friends.
11.00 **Secrets of a Psychopath** Triple bill.
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
2.00 PM **Medical Detectives** A tragedy on a shrimp boat sees the captain drown and the deckhand live to tell the tale. **2.30** A wealthy real-estate tycoon is killed and his will has a strange stipulation.. **3.00** An American tourist is killed in a Mexican resort. **3.30** The police struggle with the case of a banker's kidnapped wife. **4.00** A neighbour sees a man stab and drown his wife in their pool. **4.30** A house fire turns out to be no accident.
5.00 **Shocking Crimes: Murder Book**
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Teens Who Kill**
4.00 **48 Hours**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Law & Disorder** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Murder Uncut**
4.00 **Catching the Killer**
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Catching the Killer**
9.00 **Richard Ramirez: The Night Stalker Tapes** Series finale 2/2.
10.15 **Who Killed Jill Halliburton Su?**
12.25 AM **Killer in My Village**
1.25 **The Real Manhunter**
2.20 **Murders That Shocked the Nation**
3.15 **Love You to Death**
4.05 **Stop, Search, Seize**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the...**
8.35 **Inside Japan's War**
1.00 PM **America the...**
1.35 **Pearl Harbor: Heroes Who Fought Back**
2.40 **Inside Japan's War**
7.15 **A Final Landing on Iwo Jima** A Marine veteran returns to the battlefield on Iwo Jima 80 years after being wounded there.
8.30 **Peleliu: WWII's Well-Preserved Battlefield** A look at the most well-preserved battlefield in the world.
9.40 **Pearl Harbor: Heroes Who Fought Back** Documentary examining the events of the attack on Pearl Harbor.
10.50 **A Final Landing on Iwo Jima** As 7.15pm.
12.00 M'T **Peleliu: WWII's Well-Preserved Battlefield** As 8.30pm.
1.15 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Ronald Colman** Profile of the actor.
7.00 **Discovering: Harvey Keitel**
8.00 **The Directors**
10.00 FILM **Bobby** Documentary celebrating Bobby Moore. (2016, PG, 95min) ★★★★
12.00 NOON **Terry Venables: A Man Can Dream** Documentary.
2.00 PM **Costa Concordia: Chronicle of a Disaster**
4.00 **JFK Revisited: Through the Looking Glass** Documentary.
6.15 **I Am Jackie O** A profile of Jackie Kennedy Onassis.
8.00 NEW **Mrs Robinson** Documentary dissecting the life and career of Mary Robinson – a pioneering constitutional lawyer and the first female president of Ireland.
10.00 **Nothing Compares** Documentary telling the story of Sinéad O'Connor's rise to worldwide fame.
12.00 M'T **Surviving Ohio State**
2.10 AM **Brazil 2002**
4.00 **to 6.00** AM **The Loneliest Whale: The Search for 52**

Sky Nature

145 113/114 189 354 369

6.00 AM **Baby Animals**
9.00 **Alaskan Summer**
10.00 **A Bee's Diary**
11.00 **Wild Crusades**
1.00 PM **My Wild Cats**
3.00 **Boss Shark**
4.00 **David Attenborough's Conquest of the Skies**
7.00 **A Bee's Diary** Following the trials and tribulations of two honeybees over the course of two years from birth to death.
8.00 **Alaskan Summer** A look at how summer turns Alaska into a true wildlife paradise.
9.00 **Matsalu Moose: Wild Giants of the Baltics** Life in a large moose colony in the Baltic Sea through the eyes of two yearlings, whose story begins as they are chased away from their mother before she gives birth to a new calf.
10.00 **Great Blue Wild** A look at how the Maldives is being threatened by rising sea levels. **11.00** The plight of the sharks off the coast of Costa Rica.
12.00 M'T **Impossible Animals**
3.00 **to 6.00** AM **A Cheetah's Pride**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Britain's Most Historic Towns**
10.00 **Digging Up Britain's Past**
11.00 **Digging for Britain**
2.00 PM **Curse of the Ancients**
3.00 **Britain's Most Historic Towns**
5.00 **What on Earth?**
6.00 **Digging for Britain** Life during the Bronze and Iron ages. **7.00** Alice Roberts learns more about mankind's Stone Age ancestors. **8.00** Alice reveals the forgotten story of the Roman cavalry.
9.00 **Royal Autopsy** Alice Roberts revisits the death of Mary I, also known as Bloody Mary.
10.00 **Cursed Histories** Focusing on a 'damned' amethyst gem and a devilish beast.
11.00 **Close Encounters** Reports of UFO sightings in Chicago. **11.30** A police officer looks into a strange disruption.
12.00 M'T **Ancient Aliens**
3.00 AM **Cursed Histories**
4.00 **Royal Autopsy**
5.00 **to 6.00** AM **Queens of Ancient Egypt**

Crime+Investigation

156 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown**
11.00 **Nightmare in Suburbia**
1.00 PM **Killer Britain with Dermot Murnaghan** Double bill.
3.00 **When Missing Turns to Murder** Five editions.
8.00 **The Real Murders of Atlanta** An Atlanta police officer is found shot execution-style.
9.00 NEW SERIES **The Toolbox Murders** 1/2. In his own words, a sadistic serial killer describes his 1979 killing spree.
10.00 **Cold Case Files** Detectives try to figure out who is behind a series of murders of women.
11.00 **Last Night Out** A couple are concerned by a strange man howling at them.
12.00 M'T **Secrets of Penthouse**
1.00 AM **Secrets of the Hells Angels**
2.00 **Interview with a Killer**
3.00 **The Toolbox Murders**
4.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Wild India**
11.00 **Savage Kingdom**
1.00 PM **Sharks of the North**
2.00 **Rogue Shark**
3.00 **Attack of the Red Sea Sharks**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Critter Fixers: Country Vets** New edition A chicken is having trouble walking, and doctors investigate why a cat has become aggressive.
7.00 **Europe's New Wild** A look at how the world's rarest cat is flourishing in Iberia.
8.00 **Investigation Shark Attack** New edition The team investigate incidents off Maui in peak tourist season.
9.00 **Kingdom of the Apes** 1/2. Following a male silverback gorilla as it defends its crown against rival primates. **10.00** 2/2. Two chimpanzee brothers fight for power.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Lost Mines: Restored**
11.00 **The Antiques Brothers**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill of editions, including at: **5.00** Henry Cole rides through America's Wild West.
6.00 **Blowing Up History** How the most iconic buildings of the ancient worlds were built. **7.00** Investigating Egypt's ancient city of Abydos. **8.00** Experts unlock the secrets of Tintagel Castle.
9.00 **Salvage Hunters: The Restorers** French polisher Alex tries to restore a huge clock. **10.00** Metal worker Ted is challenged to repurpose a rusty railway signal light. **11.00** Taxidermist Chris restores a tope shark and puts it in a beautiful display case.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
6.00 **Abandoned Engineering** The underground base with the power to destroy a nation, the site linked with an attempt to kill a vicious dictator, and an ancient world discovered in the open American wilderness. **7.00** Claustrophobic prison cells that contain a story worthy of international acclaim, and a mountainside complex that held the power to change the world. **8.00** A secretive underground base that concealed the power to destroy nations. **9.00** A vast project in the icy wilderness of southern Alaska. **10.00** Featuring a ghostly house in a tropical paradise that is still feared by the locals. **11.00** The story of a desert town that faced a disaster of biblical proportions.
12.00 M'T **Abandoned Engineering**
5.25 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **I'd Kill for You**
10.00 **Love, Honor, Betray**
12.00 NOON **Disappeared**
2.00 PM **Homicide City: Charlotte**
4.00 **Southern Fried Homicide**
6.00 **Home Sweet Homicide** Focusing on a case in which a young mother was found dead in her New York home. **7.00** How, when police found Betty Sue Short murdered in her home, they noticed disturbing similarities with another recent killing in the community of Kingsport, Tennessee.
8.00 **Disappeared** The case of university student Suzy Lyall.
9.00 **Murders at the Burger Joint** How a fast-food outlet in Indiana found itself in the middle of a murder mystery.
10.00 **The Playboy Murders** The story of how a torrid affair set off a tragic chain of events.
11.00 **Who Killed Biggie and Tupac?**
12.00 M'T **Two Shallow Graves**
2.00 AM **I Am Homicide**
4.00 **to 6.00** AM **Killer Unknown**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Shorty's Dream Shop**
5.00 PM **Fifth Gear Recharged** Vicki and Jason test out the performance of the newest plug-in hybrid estate cars. **6.00** The team check out the Tesla Model Y and revolutionary battery swap technology.
7.00 **Wheeler Dealers** Mike and Elvis take on a Porsche 911. **8.00** Mike nabs a Porsche 997 at a bargain price of £15,000. **9.00** Mike and Ant decide to take a chance on a 2006 Porsche Cayenne Turbo S. **10.00** Mike picks up one of his favourite types of convertible – a 2000 Porsche 996. **11.00** Mike takes on a Porsche 924, the first car he ever turned around on the series. **12.00** M'T Mike goes in search of a Porsche 993 Targa.
1.00 **to 5.00** AM **American Chopper**

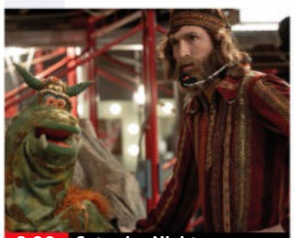
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.35 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
8.10 **Sonic the Hedgehog 3** (2024)
10.10 **The Mountain** As 6.20pm.
11.50 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
2.30 PM **Saturday Night** As 8pm.
4.20 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
6.20 **The Mountain** Comedy drama starring Elizabeth Atkinson. (2024, PG, 89min) ★★★★



8.00 Saturday Night

8.00 **Saturday Night** Comedy drama starring Gabriel LaBelle. During the build-up to the first broadcast of *Saturday Night Live*, comedians and writers prepare to change TV forever. With Cory Michael Smith. (2024, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

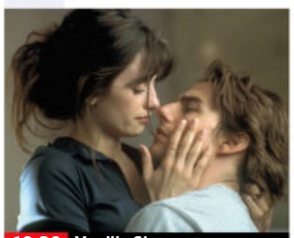
10.00 **Heart Eyes** Horror comedy starring Mason Gooding and Olivia Holt. A serial killer targets romantic partners on Valentine's Day. (2025, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Room Next Door** Pedro Almodóvar's drama with Tilda Swinton and Julianne Moore. (2024, 12, 102min) ★★★★
1.35 AM **Gator Creek** Horror thriller. (2025, 15, 87min) ★
3.15 **The Thicket** Western. (2024, 15, 108min) ★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 303 403 503 517

6.10 AM **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★
7.55 **Charlie's Angels: Full Throttle** (2003, 12) ★★
9.45 **My Big Fat Greek Wedding 2** Comedy sequel. (2016, 12) ★★
11.25 **Bridget Jones: The Edge of Reason** (2004, 15) ★★★
1.15 PM **Bridget Jones's Baby** Comedy. (2016, 15) ★★★
3.20 **Jerry Maguire** (1996) ★★★★
5.40 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★



10.30 Vanilla Sky

8.00 **The Amazing Spider-Man 2** Fantasy adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Vanilla Sky** Romantic fantasy drama starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. With Cameron Diaz. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Sum of All Fears** Action thriller with Ben Affleck. (2002, 12, 119min) ★★★★
3.05 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
5.05 **to 7.05** AM **Annabelle: Creation** Horror thriller. (2017, 15, 109min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.05 AM **My First Summer** (2020)
7.30 **The Color Purple** As 2.05am.
9.55 **Turtles All the Way Down**
12.00 NOON **Dunkirk** War drama. (2017, 12, 106min) ★★★★★
2.00 PM **Wimbledon** Sports comedy. (2004, 12, 98min) ★★★
3.55 **My First Summer** Drama. (2020, 15, 80min) ★★★
5.25 **The Great Gatsby** Romantic drama. (1974, 12, 146min) ★★★

8.00 **Lost in Translation** Romantic comedy drama starring Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★
9.55 **One Life** Fact-based drama starring Anthony Hopkins. Months before World War Two, a London stockbroker tries to rescue hundreds of children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★

11.55 **Saturday Night Fever** Dance drama starring John Travolta. (1977, 18, 119min) ★★★★
2.05 AM **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
4.30 **to 6.25** AM **Turtles All the Way Down** Romantic drama. (2024, 12, 111min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.25 AM **The Damned** Mystery. (2024, 15, 89min) ★★★★
8.05 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
10.00 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
12.30 PM **Star Trek: Generations** Sci-fi. (1994, PG, 118min) ★★★
2.35 **Men in Black 3** Sci-fi comedy sequel starring Will Smith. (2012, PG, 105min) ★★★★

4.30 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★
6.10 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
8.00 **The Woman in Black** Supernatural chiller based on Susan Hill's popular ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★
9.45 **The Woman in Black: Angel of Death** Horror sequel starring Helen McCrory and Jeremy Irvine. (2014, 15, 95min) ★★★

11.30 **Night Swim** Horror with Wyatt Russell. (2024, 15, 98min) ★
1.15 AM **The First Purge** Thriller prequel. (2018, 15, 98min) ★★
2.55 **The Island** Sci-fi action thriller. (2005, 12, 136min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Adventure

306 306 406 506 519

6.00 AM **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
7.30 **The SpongeBob SquarePants Movie** (2004, U) ★★★★
9.05 **The Smurfs** (2011, U) ★★
10.50 **The Smurfs 2** (2013, U) ★★
12.40 PM **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★
2.35 **Jumanji** (1995, PG) ★★★★
4.20 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★
6.00 **Peter Rabbit 2: The Runaway** (2021, U) ★★★

7.45 Snow White and the...

7.45 **Snow White and the Huntsman** Fantasy adventure starring Kristen Stewart. Young princess Snow White strives to overcome her evil stepmother with the aid of a widowed huntsman and a group of dwarfs. (2012, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Huntsman: Winter's War** Fantasy starring Chris Hemsworth and Jessica Chastain. Two warriors try to conceal their forbidden love as they battle the ice Queen Freya and her sister Ravenna. (2016, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Robin and the Hoods** Comedy. (2024, PG) ★★
2.00 **Small Soldiers** Adventure. (1998, PG, 99min) ★★★★
4.00 **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
5.40 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

7.20 AM **Blood for Dust** (2023)
9.05 **The Legend of Tarzan** Adventure. (2016, 12) ★★★
11.00 **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
1.25 PM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
3.40 **The Fast and the Furious** Action thriller with Vin Diesel. (2001, 15, 107min) ★★★
5.30 **Man of Steel** Fantasy adventure starring Henry Cavill. (2013, 12, 143min) ★★★

5.30 Man of Steel

8.00 **Bad Boys: Ride or Die** Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Baby Driver** Action thriller starring Ansel Elgort and Kevin Spacey. A young getaway driver finds himself taking part in a heist doomed to fail. (2017, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Swordfish** Action thriller. (2001, 15, 99min) ★★★
1.40 AM **Once Upon a Time in China III** Action drama sequel. (1993, PG, 111min) ★★★
3.35 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
5.20 **to 7.05** AM **Once Upon a Time in China and America** Adventure. (1997, 15) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **The 40-Year-Old Virgin**
8.55 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
10.40 **HouseSitter** Comedy. (1992, PG, 102min) ★★★
12.30 PM **Beverly Hills Cop II**
2.15 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
4.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
6.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★

6.00 Miss Congeniality 2

8.00 **Just Friends** Romantic comedy starring Ryan Reynolds. A womanising music executive tries to undo his past as an uncool teenager by wooing the girl he adored in high school. (2005, 12, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

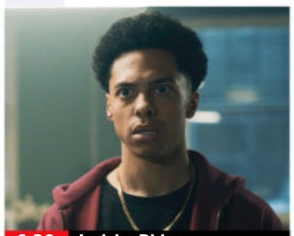
9.45 **Horrible Bosses** Farcical comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. Three longtime friends hatch a plot to get rid of their tyrannical employers. (2011, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Beverly Hills Cop II** Comedy thriller starring Eddie Murphy. (1987, 15, 99min) ★★★
1.20 AM **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
3.20 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
5.10 **to 7.05** AM **Heaven Can Wait** Fantasy with Warren Beatty. (1978, PG, 100min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **K-19: The Widowmaker**
9.05 **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
10.45 **Kindred** Horror thriller. (2021, 15, 101min) ★★★
12.30 PM **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
2.45 **Dangerous Waters** (2023)
4.30 **Restore Point** Sci-fi thriller. (2023, 15, 115min) ★★★★
6.30 **Jericho Ridge** Action thriller. (2023, 15, 87min) ★★★



6.30 Jericho Ridge

8.00 **The Da Vinci Code** Conspiracy thriller based on the bestseller by Dan Brown, starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

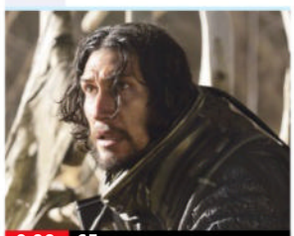
10.40 **K-19: The Widowmaker** Cold War thriller starring Harrison Ford, Liam Neeson, Peter Sarsgaard and Christian Camargo. (2002, 12, 138min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Dangerous Waters** Thriller starring Odeya Rush. (2023, 15, 101min) ★★★
2.55 **Jericho Ridge** As 6.30pm.
4.30 **to 6.25** AM **Gloria** Gangster thriller remake starring Sharon Stone. (1999, 15, 107min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Hotel Transylvania** Animation. (2012, U) ★★★★
12.50 PM **The Seeker: The Dark is Rising** Fantasy. (2007, 12) ★★
2.45 **Annie** Musical remake. (2014, PG, 115min) ★★★
5.05 **10 Things I Hate About You** Romantic teen comedy. (1999, 12, 97min) ★★★★
7.00 **The Greatest Showman** Musical with Hugh Jackman. (2017, PG, 102min) ★★★★



9.00 65

8 PM **The Greatest Showman** (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **65** Action adventure starring Adam Driver and Ariana Greenblatt. When an astronaut crashes on a mysterious planet, he fights for survival amidst the deadly wildlife. (2023, 12, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **10.50** **Brassed Off** Comedy drama starring Pete Postlethwaite, Ewan McGregor, Tara Fitzgerald and Stephen Tompkinson. (1996, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **1.00** **to 3.15** AM **I'm Your Man** German sci-fi comedy drama with Maren Eggert. Subtitled. (2021, 15, 105min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.25 AM **The Wild Thornberrys Movie** As shown at 2.50am.
8.00 **Penguins of Madagascar**
9.40 **Happy Feet** As 11.15pm.
11.35 **IF** As shown at 6.15pm.
1.20 PM **Kung Fu Panda** As 8pm.
2.55 **How to Train Your Dragon**
4.35 **Despicable Me** Animation. (2010, U, 94min) ★★★★
6.15 **IF** Fantasy with Ryan Reynolds. (2024, U, 104min) ★★★

8.00 **Kung Fu Panda** Animated comedy adventure featuring the voices of Jack Black, Dustin Hoffman and Angelina Jolie. (2008, PG, 92min) ★★★★
9.35 **How to Train Your Dragon** Animated fantasy adventure. (2010, PG, 98min) ★★★★
11.15 **Happy Feet** Animated comedy with the voice of Elijah Wood. (2006, U, 108min) ★★★★
1.10 AM **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★

2.50 **The Wild Thornberrys Movie** Animated adventure featuring the voice of Lacey Chabert. (2002, U, 85min) ★★★★
4.30 **Sky Cinema Preview**
5.30 **to 7.50** AM **In the Line of Fire** Thriller starring Clint Eastwood. (1993, 15, 127min) ★★★★

Sky Cinema Greats

304 304 404 504 518

7.35 AM **Wayne's World** As 4.40pm.
9.20 **Wayne's World 2** As 6.20pm.
11.10 **Twins** Comedy. (1988, PG) ★★★
1.05 PM **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
2.50 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
4.40 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
6.20 **Wayne's World 2** Comedy sequel. (1993, PG, 95min) ★★★

8.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey as a Miami private detective who specialises in tracking down lost pets. With Courteney Cox. (1993, 12, 86min) ★★★★
9.30 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. Pet detective Ace Ventura searches for a sacred white bat in Africa. (1995, PG, 89min) ★★★
11.10 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★

12.55 AM **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
2.40 **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★
4.35 **to 6.20** AM **Brewster's Millions** Comedy with Richard Pryor. (1985, PG, 97min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.20 **Paws of Fury: The Legend...**
9.05 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
11.00 **Antz** Animated family comedy. (1998, PG, 83min) ★★★
12.30 PM **Rango** Animated Western. (2011, PG, 103min) ★★★★

2.25 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
4.00 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
5.35 **Paws of Fury: The Legend of Hank** Animated family comedy. (2022, PG, 98min) ★★★
7.20 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
9.00 **Open Season** Animation. (2006, PG, 86min) ★★★★
10.35 **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★

12.10 AM **Lego DC Comics Super Heroes: The Flash** (2018) ★★★
1.35 **The Road to El Dorado** Animation. (2000, U) ★★★
3.10 **The Canterville Ghost** Animation. (2023, PG) ★★
4.45 **to 6.25** AM **Rebellious** Animation. (2024, PG) ★★★

Movies 24

312 313 419

7.00 AM **An American in Austen** Comedy. (2024, PG, 84min) ★★
9.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
11.00 **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
1.00 PM **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
3.00 **PREMIERE** **The PA and the Manhattan Prince** Romantic drama. (2024, PG, 90min) ★★

5.00 **Falling Together** Drama. (2024, U, 90min) ★★
7.00 **The Royal We** Romantic comedy starring Mallory Jansen. (2025, PG, 84min) ★★
9.00 **The Best Version of Love** Romantic comedy with Natasha Wilson and Preston Vanderslice. A publicist helps a charming-but-stubborn footballer to transform his public image. (2023, PG, 86min) ★★
11.00 **Destination Love** Romantic comedy. (2021, PG, 90min) ★★

1.00 AM **Blind Date Book Club** Romantic drama starring Erin Krakow. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Pit of Darkness** Thriller. (1961, U, 76min) ★★
7.35 **The Spare Tyres** (1967, U) ★★★
8.10 **The Big Trail** (1930, b/w, U) ★★
10.30 **Cinebox Memories**
10.35 **The Beverly Hillbillies** (S1)
11.10 **Yuma** Western. (1971, PG) ★★
12.40 PM **Look at Life**
12.50 **Worzel Gummidge** 8/8. (S2)
1.25 **Batman** 30/60. (S2)
2.00 **Sunny Sunday by the Sea 1951**

2.15 **The Long Memory** Thriller. (1952, b/w, PG, 97min) ★★★
4.15 **Look at Life**
4.30 **The Vise** 6/39. (S1)
5.00 **The Footage Detectives**
6.00 **The Card** (1952, b/w, U) ★★★
7.50 **Night Was Our Friend** Thriller. (1951, b/w, PG, 61min) ★★
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **The Intruder** Drama. (1953, PG, 84min) ★★★
11.35 **A Hole Lot of Trouble** Short comedy. (1971, PG, 27min) ★★★

12.10 AM **The Heritage Chart Show**
1.15 **A Line in the Sand** Thriller with Ross Kemp and Saskia Reeves.
3.20 **The Disappearance of Flight 412** Mystery. (1975, U) ★★★
4.50 **It Happened In Soho** Drama. (1948, b/w, PG, 51min) ★★★
5.50 **to 6.00** AM **Look at Life**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday**
9.00 **The Sunday Supplement**
11.00 **Super Sunday Pre-Match**
11.30 LIVE **EFL Ipswich Town v Southampton.** Coverage of the Championship match at Portman Road. Kick-off **12.00noon**.
1.00 PM LIVE **Premier League Chelsea v Crystal Palace.** The top-flight match from Stamford Bridge. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Manchester United v Arsenal.** The Premier League match from Old Trafford. Kick-off **4.30pm**.
7.30 LIVE **The Hundred Birmingham Phoenix Men v London Spirit Men.** From Edgbaston. Start-time **6.00pm**.
9.00 LIVE **PGA Tour Golf** Coverage of the fourth and final day of the BMW Championship.
11.00 LIVE **LPGA Tour Golf** The fourth and final day of the Standard Portland Classic.
12.00 M'T LIVE **US Amateur Golf** Coverage of the US Amateur Championship Finals.
3.00 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **FNF** Liverpool v Bournemouth.
6.30 **SNF** As shown at 9.30pm.
7.00 **Premier League Highlights**
8.30 **SNF** As shown at 9.30pm.
9.00 **The Sunday Supplement**
11.00 **Super Sunday Pre-Match**
1.00 PM LIVE **Super Sunday Nottingham Forest v Brentford.** Coverage of the Premier League match from the City Ground. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Manchester United v Arsenal.** The Premier League match from Old Trafford. Kick-off **4.30pm**.
8.00 **Transfer 360**
8.30 **Premier League Highlights** Brighton & Hove Albion v Fulham. **9.00** Tottenham v Burnley.
9.30 **SNF** Action from Wolverhampton Wanderers v Manchester City.
10.00 **Premier League Highlights** Chelsea v Crystal Palace. **10.30** Forest v Brentford. **11.00** Manchester Utd v Arsenal. **11.30** Chelsea v Crystal Palace.
12.00 M'T **Premier League Highlights**
2.30 AM **SNF** As shown at 9.30pm.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
11.30 LIVE **EFL Ipswich Town v Southampton.** Coverage of the Championship match at Portman Road, featuring two teams looking for an immediate return to the Premier League after relegation last season. Kick-off **12.00noon**.
2.30 PM **EFL Cup Highlights**
3.30 **EFL Highlights**
6.00 **EFL Cup Highlights** Action from Bromley v Ipswich Town. **6.30** Action from Birmingham City v Sheffield United.
7.00 **EFL League One Goals** The latest goals from League One.
7.30 **EFL League Two Goals** The latest goals from League Two.
8.00 **EFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **Championship Retro** Another chance to see Charlton Athletic v Sunderland in the 1998 Championship play-off final.
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Scottish Premiership Goals 2021/22** Memorable strikes from the Scottish top flight.
5.30 **to 6.00** AM **SPFL Goals of the Season 2014/15**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** A re-run of Trent Rockets Women v Southern Brave Women.
9.15 **The Hundred Bitesize**
10.45 LIVE **The Hundred Manchester Originals Women v Northern Superchargers Women.** Coverage of the match from Emirates Old Trafford. Start-time **11.00am**.
2.00 PM LIVE **The Hundred Manchester Originals Men v Northern Superchargers Men.** Coverage from Emirates Old Trafford. Start-time **2.30pm**.
5.30 LIVE **The Hundred Birmingham Phoenix Men v London Spirit Men.** Coverage of the match from Edgbaston. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
10.15 **The Hundred** Another chance to see Birmingham Phoenix Women v London Spirit Women.
1.20 AM **Ashes Greats**
1.30 **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see Manchester Originals Men v Northern Superchargers Men.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
10.00 **Turkish Airlines Masterclass**
10.30 **Countdown to the Ryder Cup**
11.00 LIVE **DP World Tour Golf** The fourth and final day of the Danish Golf Championship from Furesø Golf Klub in Copenhagen.
4.00 PM LIVE **PGA Tour Golf** Coverage of the fourth and final day of the BMW Championship, the second tournament in the FedExCup Playoffs, held at Caves Valley Golf Club in Maryland.
11.00 LIVE **LPGA Tour Golf** Coverage of the fourth and final day of the Standard Portland Classic at Columbia Edgewater Country Club in Portland, Oregon.
12.00 M'T LIVE **US Amateur Golf** Coverage of the US Amateur Championship Finals from the Olympic Club in San Francisco.
3.00 AM **The Open Zone**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **WTA Tennis**
8.00 **WTA & ATP Tennis**
12.00 NOON **ATP Tour This Week**
12.30 PM **WTA Tennis**
1.00 **ATP Tennis**
2.00 **WTA & ATP Tennis**
6.00 LIVE **WTA & ATP Tennis** Coverage of the Cincinnati Open women's semi-finals.
10.00 LIVE **WTA & ATP Tennis** The latest coverage from the tours.
11.00 LIVE **WTA & ATP Tennis** Coverage of the Cincinnati Open men's doubles final.
1.00 AM LIVE **WTA & ATP Tennis** The latest coverage from the tours.
3.30 **Bitesize Tennis**
3.45 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.30 AM **PL: Big Interview**
7.00 **Premier League Stories**
7.30 LIVE **AFL Western Bulldogs v West Coast Eagles.**
10.30 **TNT Sports Reload**
11.00 LIVE **Cycling** The final stage of the women's Tour of Romandie.
12.45 PM **Reframe the Game**
1.00 **Playing for Our Future: Cycling**
1.15 LIVE **Men's Cycling Pro Series** The fourth and final stage of the Tour of Czech Republic.
2.45 LIVE **Cycling** Coverage of the men's Cyclassics Hamburg.
4.00 **International T20 Cricket Highlights** Recent action.
5.00 **MLB: Off the Bat**
5.30 **MLB Highlights**
6.30 LIVE **MLB Washington Nationals v Philadelphia Phillies.** Start-time **4.35pm**.
9.00 LIVE **MLB LA Dodgers v San Diego Padres.** Start-time **9.10pm**.
12.00 M'T LIVE **MLB New York Mets v Seattle Mariners.** Start-time **12.10am**.
3.15 AM **MLB Plays of the Week**
3.45 **TNT Sports Reload**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **International T20 Cricket**

TNT Sports 2

411 414 522 409 431

7.00 AM **MotoGP**
7.30 LIVE **Red Bull MotoGP Rookies Cup** Coverage of the Grand Prix of Austria race two.
8.30 LIVE **MotoGP** The Grand Prix of Austria MotoGP warm-up session.
9.00 LIVE **MotoGP** The Grand Prix of Austria Moto3 race from the Red Bull Ring. Start-time **10.00am**.
11.00 LIVE **MotoGP** The Grand Prix of Austria Moto2 race from the Red Bull Ring. Start-time **11.15am**.
12.15 PM LIVE **MotoGP** The Grand Prix of Austria MotoGP race at the Red Bull Ring. Start-time **1.00pm**.
2.15 **MotoGP Chequered Flag**
3.15 **TNT Sports Reload**
3.30 LIVE **CPL St Kitts & Nevis Patriots v Trinbago Knight Riders.** The T20 match.
7.45 **MotoGP**
8.45 **MotoGP Chequered Flag**
9.45 **UTMB World Series Highlights**
10.45 **Onboard**
11.15 **TNT Sports Cricket Reload**
11.30 LIVE **CPL Antigua & Barbuda Falcons v St Lucia Kings.**
3.45 AM **MotoGP**
4.45 **MotoGP Chequered Flag**
5.45 **to 6.00** AM **In My Blood**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **The Rugby Championship**
8.00 **Lions Legends**
8.30 **The Rugby Championship**
10.30 **Lions Legends**
11.00 **British and Irish Lions Tour** Australia v British & Irish Lions: Action from the first Test of the three-match series, held at Suncorp Stadium in Brisbane. **12.00** NOON Australia v British & Irish Lions: Action from the second Test of the series, held at Melbourne Cricket Ground. **1.00** PM Australia v British & Irish Lions: The third and final Test, held at Accor Stadium in Sydney.
2.00 **The Rugby Championship**
4.00 **Rugby Union Retro**
4.30 **The Rugby Championship** South Africa v Australia.
6.30 **Rugby Union Retro**
7.00 **Lions Legends**
8.00 **Rugby Union Retro**
9.00 **The Rugby Championship** Argentina v New Zealand.
11.00 **Lions Legends**
11.15 **Rugby Union Retro**
11.30 **The Rugby Championship** South Africa v Australia.
1.30 AM **Rugby Union Retro**
2.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday** A review of Saturday's football action.
9.00 **The Sunday Supplement** An in-depth discussion of the week's major sports stories.
11.00 LIVE **The Hundred Manchester Originals Women v Northern Superchargers Women.** Coverage of the match from Emirates Old Trafford. Start-time **11.00am**.
2.00 PM **Sports Sunday** A round-up of the latest sports news.
2.30 LIVE **The Hundred Birmingham Phoenix Women v London Spirit Women.** Coverage of the match from Edgbaston, Birmingham. Start-time **2.30pm**.
5.30 **Sports Sunday**
6.00 LIVE **WTA & ATP Tennis** Coverage of day 11 of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio, featuring the women's semi-finals.
10.00 LIVE **WTA & ATP Tennis** The latest coverage from the WTA and ATP Tours.
3.30 **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Mix

416 412 510 429 449

6.00 AM LIVE **NRLW Cronulla-Sutherland Sharks v Gold Coast Titans.**
6.30 **The Hundred Bitesize**
7.15 **Legends Tour Golf**
8.15 **PGA Tour Golf**
9.15 LIVE **NRLW North Queensland Cowboys Women v Canterbury-Bankstown Bulldogs Women.**
11.00 **The Hundred Bitesize**
12.00 NOON **PGA Tour Champions Learning Centre** Golf tips.
12.30 PM **HotelPlanner Tour Golf**
1.00 **PGA Tour Champions**
1.55 **The Hundred Bitesize**
2.25 LIVE **The Hundred Birmingham Phoenix Women v London Spirit Women.**
5.30 **The Hundred Bitesize**
6.30 **Untethered** Documentary.
8.00 **PGA Tour Champions**
9.00 LIVE **LPGA Tour Golf** The fourth and final day of the Standard Portland Classic.
12.00 M'T **PL Greatest Games**
1.00 AM **PL Retro**
3.00 **EFL Greatest Games**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Tee Time Tips**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **AFL Sydney Swans v Geelong Cats.** Coverage of the match from the 23rd round of fixtures, held at Sydney Cricket Ground. Bounce-up **6.15am**.
9.00 **Saudi Masters Snooker**
11.00 **Premier League**
12.30 PM **PL: Big Interview**
1.00 LIVE **SailGP** Coverage of day two of the Germany Sail Grand Prix in Sassnitz.
2.30 **The Football Archives: UEFA Champions League**
3.00 **Serie A** Cagliari v Juventus.
4.00 **AFL** Triple bill of action.
8.30 **Premier League: Big Interview**
9.00 LIVE **MLB Los Angeles Dodgers v San Diego Padres.** Start-time **9.10am**.
12.15 AM **Cycling World Tour**
2.15 **Men's Cycling Pro Series**
3.15 **Hard Knocks**
4.30 **Premier League Stories**
5.00 **to 6.00** AM **T100 Triathlon World Tour Highlights**

TNT Sports 4

414 416 524 411 434

7.00 AM LIVE **AFLW Port Adelaide Women v Fremantle Women.** Bounce-up **7.10am**.
9.00 **Women's Cycling**
10.00 **International T20 Cricket**
11.00 **UTMB World Series Highlights**
12.00 NOON LIVE **Motocross World Championship** The first MX2 and MXGP races from Sweden.
2.00 PM **MLB Highlights**
3.00 LIVE **Motocross World Championship** Coverage of the second MX2 and MXGP races.
5.00 **V8 Supercars**
7.00 **Onboard**
7.30 **Premier League: Big Interview**
8.00 **TNT Sports Reload**
8.30 LIVE **WNBA Las Vegas Aces v Dallas Wings.** Coverage of the match from Michelob Ultra Arena. Tip-off **8.30pm**.
10.30 **UFC** Du Plessis v Chimaev
1.30 AM **UFC Connected**
2.00 **Saudi Masters Snooker**
4.00 **to 6.00** AM **V8 Supercars**

Premier Sports 1

419 551

6.00 AM **DTM Highlights**
7.00 **Transworld Sport** Magazine.
8.00 **MotorSport**
9.00 **World Surf League**
10.00 **LaLiga** Highlights.
2.00 PM **Transworld Sport** Magazine.
3.00 **LaLiga Specials**
3.55 LIVE **LaLiga Celta Vigo v Getafe.** Coverage from Estadio Abanca-Balaidos. Kick-off **4.00pm**.
6.00 **LaLiga Match Highlights**
6.10 **LaLiga Specials**
6.25 LIVE **LaLiga Athletic Bilbao v Sevilla.** Kick-off **6.30pm**.
8.25 LIVE **LaLiga Espanyol v Atlético Madrid.** Kick-off **8.30pm**.
10.30 **LaLiga Specials**
11.00 **Transworld Sport** Magazine.
12.00 M'T **Scottish Rally Championship**
12.30 AM **MotorSport**
1.00 **Coppa Italia** Monza v Frosinone.
3.00 **FIM Sidecarcross**
4.00 **Indy Autonomous Challenge**
5.00 **to 6.00** AM **Top 14 Rugby Union Highlights**

Premier Sports 2

420 552

6.00 AM **Coppa Italia** Highlights.
8.00 **Football's Greatest**
9.00 **Coppa Italia** Highlights.
11.00 **LaLiga** Villarreal v Oviedo. **1.00** PM Mallorca v Barcelona.
3.00 PM **Coppa Italia** Highlights.
4.55 **Football's Greatest** The finest players discuss their careers.
5.25 LIVE **Coppa Italia Parma v Virtus Entella or Ternana.** Coverage of the first-round match at Stadio Ennio Tardini. Kick-off **5.30pm**.
7.40 **Football's Greatest** The finest players discuss their careers.
8.10 LIVE **Coppa Italia AC Milan v Bari.** Coverage of the first-round match at San Siro. Kick-off **8.15pm**.
10.30 **Football's Greatest** The finest players discuss their careers.
11.00 **Bike World** Magazine.
11.30 **Coppa Italia** Cesena v Pisa.
1.30 AM **LaLiga** Highlights.
5.30 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1**
2.00 PM **Lewis Hamilton: Why Heritage Matters**
2.30 **Formula 1**
7.00 **Lewis Hamilton: Why Heritage Matters**
7.30 **Formula 1**
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

18 August

Evening Planner

Monday

Crime Drama

The Brokenwood Mysteries
U&Drama, 8pm
The New Zealand crime drama starring Neill Rea returns for an 11th series.

Documentary

Matthew Perry: A Hollywood Tragedy
ITV1, 9pm
A profile of the *Friends* actor, whose death in October 2023 shocked the world.

Documentary

Confessions of a Brain Surgeon
BBC2, 9pm
Veteran neurosurgeon Henry Marsh reflects on his 40-year-long career.

OnDemand

Hayu

The Real Housewives of London
Available today
The global reality series lands in London, where six socialites create the real-life drama.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Fake or Fortune?		9.00 Ozzy Osbourne: Coming Home		10.00 News; Local News	10.40 Have I...
	102 BBC2	7.00 The Great Ticket...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Confessions of a Brain Surgeon		10.00 Upstart Crow	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Matthew Perry: A Hollywood Tragedy		10.15 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Michael Mosley: Secrets of the...		9.00 Celebrity SAS: Who Dares Wins		10.00 Crime Scene Cleaners	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Police: Night Shift 999		10.00 Murdered at First Sight	
	106 SKY SHOWCASE	◂ 6.50 The Office (US)		8.00 Film: Spider-Man 2				10.15 Rob Beckett: Wallop	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Stacey & Joe				10.00 Film: Ghostbusters	
	116 BBC4	7.00 Fred Dibnah's...	7.30 Handmade in...	8.00 Vienna: Empire, Dynasty and Dream		9.00 Rise of the Nazis: The Manhunt		10.00 Your Life in Their Hands	
	118 ITV2	7.00 Deal or No Deal		8.00 The Bachelor Australia		9.00 The Only Way Is Essex		10.00 Botched	
	136 MORE4	◂ 6.55 Grand Designs		7.55 The Dog House		9.00 Our Welsh Chapel Dream		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Sailing Yacht		9.00 Celebs Go Dating		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	◂ 6.45 Six Feet Under		7.50 Game of Thrones		9.00 The Undoing			
	110 U&GOLD	◂ 6.45 Dad's Army	7.25 Porridge	8.00 Red Dwarf			9.20 The Vicar of Dibley	10.00 Not Going Out	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Law & Order: UK	
	120 ITV4	7.00 The Chase Celebrity Special		8.00 British Rally Championship		9.00 Film: Creed			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Kevin Bridges Live in Glasgow	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Sport's Funniest Moments		9.00 Freddie Down Under		10.00 Resident Alien	
	109 U&ALIBI	7.00 Miss Scarlet		8.00 Death in Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Live in Maastricht IV					10.30 André Rieu...
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 The Lost Kingdom of the Yeti			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Mountain Monsters	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Construction Fails		9.00 To Catch a Smuggler		10.00 Trafficked with Mariana Van Zeller	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Holy Marvels with Dennis Quaid		9.00 Pharaohs at War		10.00 Mafia: Most Wanted	
	155 U&YESTERDAY	7.00 Simon Reeve's South America		8.00 Wilderness with Simon Reeve		9.00 Tropic of Cancer with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	◂ 6.55 Burden of Proof: Who Killed Jennifer...		8.00 I'm Not a Monster: The Lois Riess Murders					
FILMS - Sky Cinema	301 PREMIERE	◂ 5.15 Wicked		8.00 Kraven the Hunter				10.10 Saturday Night	
	302 FAVOURITES	◂ 6.00 Indiana Jones and the Temple of Doom		8.00 Indiana Jones and the Last Crusade				10.10 Indiana Jones and the Kingdom...	
	303 HITS	◂ 5.35 The Amazing Spider-Man 2		8.00 Bad Boys for Life				10.05 Bad Boys: Ride or Die	
	304 GREATS	◂ 5.35 Superman		8.00 Jaws				10.05 Patriot Games	
	305 ANIMATION	◂ 6.50 The Prince of Egypt			8.35 The Lego Movie 2: The Second Part				10.25 The Canterville Ghost
	306 FAMILY	◂ 6.00 Stardust			8.20 The SpongeBob SquarePants Movie			10.00 Save the Cinema	
	307 ACTION	◂ 5.25 Bad Boys II		8.00 Aquaman					10.25 Bad Boys
	308 COMEDY	◂ 6.15 The Truman Show		8.00 School of Rock				10.00 Beverly Hills Cop 3	
	309 THRILLER	◂ 6.20 Dead Shot		8.00 Angels & Demons					10.25 Serpico
	310 DRAMA	◂ 6.05 Bob Marley: One Love		8.00 Valentine's Day				10.10 I Used to Be Funny	
	311 STAR TREK	◂ 6.15 Star Trek The Motion Picture			8.30 Star Trek II: The Wrath of Khan				10.30 Star Trek III...
	313 FILM4	◂ 6.50 I, Robot				9.00 Wrath of Man			
SPORT	401 MAIN EVENT	◂ 6.30 MNF – Live: Leeds United v Everton (Kick-off 8.00)							
	402 PREMIER LEAGUE	◂ 6.30 MNF – Live: Leeds United v Everton (Kick-off 8.00)							
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL Cup Highlights		8.30 EFL Highlights			10.00 EFL League...	10.30 EFL League...
	405 CRICKET	◂ 6.00 The Hundred – Live: Southern Brave Men v Oval Invincibles Men (Start-time 6.30)					9.30 The Hundred Bitesize		10.15 The Hundred
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage of Group 12 of the Pairs Cup					9.30 Fight Week	10.00 Golden Trail...	10.30 The Gruppetto
	411 TNT SPORTS 2	◂ 6.00 Saudi Masters Snooker		8.00 The Gruppetto	8.30 Onboard	9.00 Fishing: On the Bank		10.00 International T20 Cricket Highlights	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM NEW SERIES **Bargain Hunt** Celebrating the Women's Euros and Women's Rugby World Cup. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)(AD)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 NEW SERIES **Escape to the Country** Rural retreats. (S)
3.45 **The Bidding Room** New edition Items include a nutcracker. (S)
4.30 NEW SERIES **The Answer Run** Quiz show with Jason Manford. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Fake or Fortune?

7 PM

7.00 **The One Show** Roman Kemp and Clara Amfo present the topical show. (S)
7.30 **EastEnders** Phil faces a big change, and Ravi's plans are interrupted when Okie reports that police have raided their base. (S)(AD)

8 PM

8.00 **Fake or Fortune?** New edition 5/6. Fiona Bruce and Philip Mould revisit two portraits of black British women from the 18th and 19th century to discover how changes in society have transformed the artworks' fortunes. (S)(AD)

9 PM

9.00 **Ozzy Osborne: Coming Home** Documentary following the rock star over the last three years of his life, through his return to the UK, his diagnosis with Parkinson's, and plans for his farewell concert. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Kevin Bridges hosts the satirical quiz, with guests Helen Lewis and Chloe Petts joining Ian Hislop and Paul Merton. (S)(R)
11.10 **Mayfair Witches** New episode 7/8. Rowan gets help from an unexpected source to find out where Moira is being kept, and Ciprien is promoted. (S)(AD)
11.55 Series finale 8/8. Lasher's bride Emaleth goes into labour, and her children are born with all of his powers. (S2) (S)(AD)
■ Entire series on BBC iPlayer
12.35 AM **Pointless Celebrities** (S)(R)
1.25 **Weather for the Week Ahead** (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Animal Park** (S)(R)(AD)
7.00 **Sign Zone: Antiques Roadshow: VJ Day Special** Marking the 80th anniversary of VJ Day. (S)(R)
8.00 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** The chefs from Northern Ireland serve up their main dishes and desserts. (S)(R)
4.15 **Mexico: Earth's Festival of Life** Exploring the country's wildlife, landscape and culture. (S)(R)(AD)
5.15 **Flog It!** From Grimsby. (S)(R)
6.00 **Richard Osman's House of Games** Double bill of the trivia-based quiz show, with guests Toby Anstis, Evelyn Mok, Kerry Howard and Joe Sugg. (S)(R)

8.00 Only Connect

7 PM

7.00 NEW **The Great Ticket Rip-Off: Scams & Scandals** Steffan Powell delves into the murky world of ticket touts. (S)
7.30 **Mastermind** New edition Specialist subjects include the history of sheep and the music of Katy Perry. (S)

8 PM

8.00 **Only Connect** New edition The Scanners take on the Worker Bees in another first-round match. (S)
8.30 **University Challenge** New edition Cardiff University take on the University of Bristol in a first-round match. (S)

9 PM

9.00 NEW **Confessions of a Brain Surgeon** Henry Marsh discusses his most difficult cases as he deals with being diagnosed with advanced prostate cancer, looking at the impact his work had on those closest to him. (S)(AD)

10 PM

10.00 **Upstart Crow** *The Play's the Thing:* 2/6. Will's new play goes missing just as it is about to be presented to Queen Elizabeth. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 FILM **The Theory of Everything** Biopic of Stephen Hawking, exploring his relationship with wife Jane and groundbreaking work in the face of deteriorating health. Stars Eddie Redmayne and Felicity Jones. (S) (2014, 12, 115min) ★★★★
12.55 AM **Sign Zone: Countryfile** John Craven looks at Yorkshire's heritage through age-old crafts. (S)(R)
1.50 **Sign Zone: Destination X** (S)(R)
2.50 **Sign Zone: MasterChef** (S)(R)(AD)
3.50 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity edition of the game show, with Mel Blatt, Michelle Visage and Seann Walsh trying to guess well-known phrases for the chance to win £50,000 for charity. (S)(R)(AD)
3.00 **Lingo** Adil Ray hosts the word-based quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7 PM

7.30 **Emmerdale** Robert and Aaron give in to temptation, Dylan puts on a brave face to April after another knock back, and Cain worries when DC Cole wants to talk about Nate's murder. (S)(AD)

8 PM

8.00 **Coronation Street** Kit inadvertently jeopardises Sarah's important meeting, Tyrone catches Steve and Cassie frolicking, Carl finds Tracy waiting in his hotel room, and Debbie admonishes Ronnie for interfering in her work. (S)(AD)

9 PM

9.00 **Matthew Perry: A Hollywood Tragedy** One-off documentary exploring the *Friends* star's rise to fame and the final days before his sudden death in October 2023, with insights from castmates, friends, law enforcement and the actor's own candid accounts. (S)(AD)

10 PM

10.15 **ITV News** (S)
10.45 **Local News** (S)
11.00 FILM **Octopussy** James Bond adventure starring Roger Moore. British secret agent 007 tangles with an international smuggling gang led by the mysterious Octopussy. With Maud Adams. (S)(AD) (1983, PG, 135min) ★★★
1.15 AM **Teleshopping**
3.00 **Cooking with the Stars** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy's Taste of Florida** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 18-21/22. (S7) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 9-12/24. (S10) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in the Algarve. (S)(R)
4.00 **The Great House Giveaway** Transforming a three-floor period terrace in Llanymynech. (S)(R)
5.00 **Chateau DIY** Debbie and Nigel think creatively when it comes to fixing a wonky fireplace. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Newcomers Darren and Natalie Brown help a 78-year-old man to find a property in Murcia. (S)(R)

8.00 Secrets of the Superagers

7 PM

7.00 **News** (S)

8 PM

8.00 **Michael Mosley: Secrets of the Superagers** Series finale 6/6. Michael looks at advances at the frontier of medicine that are trying to turn back the clock on ageing, and undergoes hyperbaric oxygen therapy. (S)(AD)

9 PM

9.00 **Celebrity SAS: Who Dares Wins** New edition 6/8. The recruits' ability to put others first is tested when they are exposed to gas with an ally who urgently needs rescuing. (S)(AD)

10 PM

10.00 **Crime Scene Cleaners** New edition 8/10. In Arizona, a decomposing body leaves a haunting imprint on a bedroom floor, while in Newcastle, a cannabis grow-house needs some extra attention. (S)(AD)
11.05 **Murder in the Outback: The Falconio and Lees Mystery** 1&2/4. Examining the killing of Peter Falconio in 2001. (S)(R)(AD)
1.00 AM **The Fear Clinic: Face Your Phobia** Rats. (S)(SL)(R)(AD)
1.55 **Ramsay's Kitchen Nightmares USA** From Boston. (S)(SL)(R)
2.45 **Extraordinary Escapes with Sandi Toksvig** (S)(SL)(R)(AD)
3.40 **Location, Location, Location** (R)
4.30 **Jamie's Comfort Food** (S)(R)
4.40 **Hollyoaks Omnibus** (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.20 NEW **Jane Mysteries: A Deadly Prescription** Crime drama starring Jodie Sweetin and Stephen Huszar. (S)
4.00 **All Creatures Great and Small** 6/7. James's workload doubles when Siegfried takes ill during a harsh winter. (S1) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Rob and Dave Nicholson need to complete pregnancy tests on their alpacas. (S)(R)
6.55 **News** (S)

9.00 Police: Night Shift 999

7.00 **Traffic Cops** Officers are forced into a high-speed pursuit when a suspected drug-driver fails to stop, while a tip-off leads police to a drink-driver. (S)(R)
7.55 **News** (S)
8.00 **Motorway Cops: Catching Britain's Speeders** New edition Reports come in of two men armed with sledgehammers trying to break into a supermarket, and officers race to the scene to intercept them. (S)
9.00 **Police: Night Shift 999** Series finale 10/10. Sgt Gladwin is on patrol in rural Gloucestershire when a driver overtaking at speed nearly hits him, and PC Smith looks for a driver who has been reported for drug driving. (S)
10.00 NEW SERIES **Murdered at First Sight** 1/10. Documentary featuring cases of victims killed by people unknown to them, beginning with a man who texted his friend to say he had killed a stranger. (S)
11.05 **Britain's Hotel Murders** New edition The murder of Gareth MacDonald in 2007. (S)
12.05 AM **Fare Dodgers: At War with the Law** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Attack on Pearl Harbor** (S)(R)
3.50 **Warship: Life at Sea** (S)(R)
4.40 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary. (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 2/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** Four episodes of the comedy, including at: **6.00** *Pranks and Greens:* Bart befriends a former schoolboy prankster. (S)(R) **6.25** *Rednecks and Broomsticks:* Lisa accepts an invitation to join a Wiccan coven. (S)(R)
6.50 **The Office (US)** *Paper Airplane:* 20/25. Dwight and Angela compete to build the best paper aeroplane. (S)(R)

8.00 Spider-Man 2

7.15 **The Office (US)** *Livin' the Dream:* 21/25. Part one of two. Jim takes time off from Philly, Andy decides to make the ultimate step on his path to stardom, and Dwight finally gets his black belt in karate. (S9) (S)(R)
8.00 FILM **Spider-Man 2** Fantasy adventure sequel starring Tobey Maguire and Kirsten Dunst. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. With James Franco, Alfred Molina and Rosemary Harris. (S) (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
10.15 **Rob Beckett: Wallop** The comedian's first stand-up special, recorded at one of his favourite venues in the UK, the Cliffs Pavilion in Southend. (S)(R)
11.30 **Last Week Tonight with John Oliver** Satirical talk show. (R)
12.15 AM **Curb Your Enthusiasm** 9/10. Larry struggles with the rules of Christmas tipping. (S)(R) **12.55** 10/10. Larry alienates an influential food critic. (S3) (S)(R)
1.35 **The Force: Manchester** (S)(R)
2.30 **Road Wars** Vehicle crime. (R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 2/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.10pm Sportscene: SWPL Highlights (S)(R) **11.40** Scotcast (S)(R) **12.10am** Mayfair Witches New episode (S)(AD) **12.55** Mayfair Witches Series finale (S)(AD) **1.35** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm True North: Pets Saving Lives (S)(R) **11.10** Have I Got News for You (S)(R) **11.40** Mayfair Witches New episode (S)(AD) **12.25am** Mayfair Witches Series finale (S)(AD) **1.05-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.00pm Back in the Day New edition (S) **8.30-9.00** Chris Cooks Cymru (S)(R) **10.40-11.10pm** Rookie Cops (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Kayak ó Thuaidh (S)(R)

WALES
Sky 968, Freesat 968
5.15-6.00pm Flog It! (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD) **12.30** Heno **1.00** Mynyddoedd y Byd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Llond Bol O Sbaen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Sin (AD) **6.30** Sgwrs Dan y Lloer **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Colleen Ramsey: Bywyd a Bwyd **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad (AD) **9.58** Y Tywydd **10.00** Sgorio **10.30** Ffasiwn Drefn (AD) **11.00-11.35pm** Cymry ar Gynfas

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** A look at the unusual table manners of Saxon monks. **7.30** Featuring the culinary tastes of the Romans.
7.55 **The Catch Up**
8.00 **Stacey & Joe** 1/6. Stacey and Joe share how they met and fell in love. **9.00** 2/6. The family return from their relaxing holiday to some major life changes.
10.00 FILM **Ghostbusters** Supernatural comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. A trio of New York university parapsychologists decide to go into business as ghost exterminators. (1984, 12, 105min) ★★★★
11.40 **Wagspiracy: Vardy v Rooney** Documentary.
12.25 AM **Charlotte in Sunderland** Double bill.
1.25 **Stacey Dooley: Growing Up Gypsy**
2.10 **Wagspiracy: Vardy v Rooney** Documentary.
2.55 **to 3.55** AM **Ashley Cain: Into the Danger Zone**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** Historic places of work.
7.30 **Handmade in Japan** Following the process of forging a Samurai sword.
8.00 **Vienna: Empire, Dynasty and Dream** A look at the transformation of Vienna into a great cultural capital.
9.00 **Rise of the Nazis: The Manhunt** The hunt for Adolf Eichmann and Klaus Barbie.
10.00 **Your Life in Their Hands** A 2004 edition of the documentary, focusing on Henry Marsh, a pioneering neurosurgeon who is shown undertaking a radical procedure on a man with a potentially fatal tumour.
11.00 **Art on the BBC: Turner – Light & Landscape** Why JMW Turner is such a beloved name in British art.
12.00 MT **Fred Dibnah's Magnificent Monuments**
12.30 AM **Handmade in Japan**
1.00 **Your Life in Their Hands**
2.00 **to 3.00** AM **Rise of the Nazis: The Manhunt**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions from north Kent.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Phil Spencer reunites with Carol and Andrew from Harrogate.
6.55 **Grand Designs** A couple begin an ambitious project to transform a small, damp bungalow in Cornwall into a cutting-edge family home.
7.55 **The Dog House** Kiya chooses a new furry friend out of a litter of three tiny cockapoos, while overexcited Yorkie Bam Bam needs to chill out if he is going to go home with Londoner Hannah.
9.00 **Our Welsh Chapel Dream** Keith and Marj submit their application to transform the chapel into a home, pottery studio and events space, while also taking the time to brush up on their Welsh.
10.00 **24 Hours in A&E** A headteacher arrives having been involved in a collision with a bus.
11.05 **24 Hours in A&E**
12.10 AM **Royal Flying Doctors** New episode 6/8. Wayne meets the person he blames for Timmy's death. (S2)
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 12-15/23. (S2)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** The McQueens prepare for Bobby's funeral.
7.30 **The Simpsons** *Burns, Baby Burns:* Mr Burns' long-lost son reappears.
8.00 **Below Deck Sailing Yacht** New edition Captain Glenn's shocked to see what his crew did to the boat during their night off.
9.00 **Celebs Go Dating** New edition The celebrities have fun in the sun with their dates at a pool party.
10.00 **Gogglebox** Opinions on *Baby Reindeer, Britain's Got Talent* and *Red Eye*.
11.00 **First Dates**
12.05 AM **The Big Bang Theory**
1.00 **The Simpsons**
1.30 **Brooklyn Nine-Nine**
2.25 **Celebs Go Dating**
3.20 **Below Deck Sailing Yacht**
4.10 **Young Sheldon** (S1)
4.55 **Modern Family** (S7)
5.20 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E: South Africa** Documentary.
10.00 **Brit Cops: Frontline Crime UK** Documentary.
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 20/22. (S4)
1.00 PM **FBI: Most Wanted** 20/22. The team search for a copycat killer. (S3)
2.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Elsbeth

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Equalizer** *Bout That Life:* 9/18. McCall fights to prove a famous rapper is innocent of murder. Guest stars Rick Ross. (S2)

9 PM
9.00 **Elsbeth** New episode *I See... Murder:* 15/20. The lawyer pits her wits against a professional psychic. With Tracey Ullman. (S2)

10 PM
10.00 **Blue Bloods** *The Big Leagues:* 12/21. An old friend comes to Danny in desperate need. (S13)
11.00 **Bull** 3/22. (S6)
12.00 M'T **Law & Order: Organized Crime** 5/13. (S4)
1.00 AM **The Equalizer** 7/18. (S2)
2.00 **The Rookie** New episode (S7)
3.00 **FBI: Most Wanted** New episode 2/22. (S6)
4.00 **Paramedics Australia**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **True Blood** 1&2/12. (S4)
10.00 **Six Feet Under** 6&7/12. (S4)
12.10 PM **Game of Thrones** (S1)
1.20 **Babylon Berlin** 3&4/12. (S3)
3.30 **True Blood** 1/12. Bill and Eric try to regain the trust of their human neighbours. **4.35** 2/12. Sookie tries to adjust to her new living arrangements. (S4)
5.40 **Six Feet Under** 6/12. David struggles to deal with the attack, telling his family he was a carjacking victim. (S4)

7.50 Game of Thrones

7 PM
6.45 **Six Feet Under** *The Dare:* 7/12. Rico resolves to break off his relationship with Sophia. (S4)
7.50 **Game of Thrones** *Winter Is Coming:* 1/10. First episode. Lord Eddard Stark is asked to serve at the side of King Robert Baratheon. (S1)

8 PM

9 PM
9.00 **The Undoing** 1/6. Grace Fraser's seemingly perfect life is rocked by a violent death and her husband's mystery disappearance.

10 PM
10.00 **The Undoing** *The Missing:* 2/6. Grace finds herself on the receiving end of detectives Mendoza and O'Rourke's questions. (S1)
11.00 **The Time Traveler's Wife**
12.00 M'T **The Sopranos** 9/13. (S1)
1.00 AM **The White Lotus** (S2)
2.15 **The Leftovers** 9/10. (S2)
3.20 **Game of Thrones**
4.30 **In Treatment**
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 19/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 16/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** 7/21. (S14)
4.00 **S.W.A.T.** 2/22. (S6)
5.00 **SEAL Team** 15/22. Jason and the unit attempt to take down the mastermind behind several terrorist attacks. (S2)
6.00 **Stargate Atlantis** 19/20. Teyla encounters trouble on a search for giant insects. (S3)

9.00 Freddie Down Under

7 PM
7.00 **Stargate Atlantis** *First Strike:* 20/20. McKay uses ancient methods to destroy a stargate belonging to the Replicators. (S3)

8 PM
8.00 **Sport's Funniest Moments** A look back at some of the funniest and most farcical moments from the sporting world.

9 PM
9.00 **Freddie Down Under** 3/6. Andrew Flintoff and Rob Penn sign up to a day of snake-catching.

10 PM
10.00 **Resident Alien** *Prisoners:* 1/10. Harry must escape an outer-space prison to stop a dangerous threat in town. (S4)
11.00 **Warrior** 1/10. Ah Sahm confronts new anti-Chinese group Teddy's Boys. (S2)
12.00 M'T **Road Wars** Police officers combat vehicle crime.
1.00 AM **The Force: Manchester**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 7/21. (S14)
4.00 **S.W.A.T.** 2/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Guinness World Records**
7.55 **Dinner Date**
8.50 **Billie and Greg**
9.50 **The Only Way Is Essex**
10.30 **Real Housewives of Potomac**
11.25 **Real Housewives of Salt...**
12.35 PM **Buying the View**
1.05 **Billie and Greg**
2.05 **The Only Way Is Essex**
3.05 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

9.00 The Only Way Is Essex

7 PM
7.00 **Deal or No Deal** Stephen Mulhern hosts as Nay Nay takes on the Banker for the chance to win life-changing money.

8 PM
8.00 **The Bachelor Australia** New edition Sierra goes on the warpath against Ashleigh after a compatability test.

9 PM
9.00 **The Only Way Is Essex** New edition Everyone is hoping for a relaxing time as some of the group celebrate Amy's birthday.

10 PM
10.00 **Botched** Paul Nassif helps a patient who went in for a boob job and was given a surprise nose job.
11.00 **Family Guy** 19/20. Stewie and Brian search for Mort. (S16)
11.30 **Family Guy** 14/20. (S16)
12.05 AM **American Dad!** (S13&12)
1.05 **Bob's Burgers** 18/22. (S11)
1.35 **Plebs** 7/8. (S3)
2.05 **Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *All at Sea.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Vixen's Run:* The detectives investigate the death of a local aristocrat who died of a heart attack and whose will goes missing.
5.50 **Heartbeat** *The Family Way:* Jo is concerned that her father is not managing without his wife.

10.00 Law & Order: UK

7 PM
6.55 **Heartbeat** *Friendly Fire:* Nick is alerted when a lay preacher is wounded in a shooting accident.

8 PM
8.00 **Grace** *Dead Like You:* A series of chilling attacks in Brighton all bear the same signs and Roy Grace has a feeling he has seen the MO before.

9 PM

10 PM
10.00 **Law & Order: UK** *Care:* 1/7. The evacuation of a London hospital leads to the discovery of a suspicious death. (S1)
11.00 **Law & Order: UK** 2/7. A 13-year-old boy is found dead at Euston Station. (S1)
11.50 **Trigger Point** 2/6. The team pursue a man running from a high-rise in Docklands. (S2)
12.50 AM **Malpractice** 1/5. (S1)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: The Repair Shop on the Road**
3.15 **Sign Zone: Island Crossings**
4.15 **Sign Zone: Grand Tours of Scotland's Rivers**
4.45 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights**
8.00 **The Travelling Auctioneers**
8.30 **Grand Tours of Scotland's Rivers**
9.00 **Rip It Up** 3/3. The evolution of the Scottish music industry.
10.00 **River City** New episode Viv rejects the idea of more cancer treatment.
10.30 **Two Doors Down** (S7)
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Up for It** Cocktail mixology.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **The Conners** (S2)
10.00 **The Office (US)** (S9)
11.15 **Sex and the City** (S2)
12.55 PM **Girls** 9&10/10. (S4)
2.10 **Sex and the City** (S2)
3.25 **Girls** 1&2/10. (S5)
4.45 **The Office (US)** (S9)
5.45 **The Conners** (S2)
6.45 **The Office (US)** (S9)
8.00 **Will & Grace** 1/22. First-ever episode. **8.30** 2/22. Jack's self-obsessed attitude begins to really annoy Will. (S1)
9.00 **Last Week Tonight with John Oliver** New edition Talk show.
9.45 **Real Time with Bill Maher** New edition
10.55 **Last Week Tonight with John Oliver**
11.40 **Curb Your Enthusiasm**
1.00 AM **Entourage** (S2)
2.05 **Hung** 9&10/10. (S1)
3.15 **How to Make It in America** 6&7/8. (S2)
4.20 **to 5.00** AM **The Rehearsal**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **South Bank Show**
6.30 **Sir Bryn Terfel and Friends: Songs of the Sea** Maritime songs.
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Alfred Hitchcock Presents** Double bill.
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Portrait Artist of the Year: The Exhibition**
3.00 **Wordsworth & Coleridge Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Presents** Double bill.
8.00 **André Rieu: Live**
10.30 **André Rieu: Maastricht**
11.30 **HMS Pinafore with ENO**
1.30 AM **Klimt and The Kiss**
2.45 **Hopper: An American Love Story**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** 9/22. (S2)
8.00 **Star Trek: Deep Space Nine** *Through the Looking Glass:* 19/26. Sisko has to fill the shoes of the Terran rebellion leader. (S3)
9.00 **FBI** 2&3/15. (S3)
11.00 **Grimm** 17/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Wheel of Fortune** Graham Norton hosts the game show.
3.00 **Tenable** Double bill of the quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Sami takes on the ruthless Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Hayden takes on the ruthless Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Wheel of Fortune** Graham Norton hosts.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 6/8. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 3&4/23. (S3)
12.00 NOON **Highway to Heaven** 1/24. (S1)
1.00 PM **Father Dowling Mysteries** 11/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 7&8/20. (S9)
9.00 **FILM Bride Wars** Comedy starring Kate Hudson and Anne Hathaway. A bitter feud ensues between two best friends when their weddings are booked for the same day. (2009, 12, 85min) ★★★
10.55 **The Avengers** (S6)
11.55 **M*A*S*H** 7&8/20. (S9)
12.55 AM **Hart to Hart** (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **Minder**
7.20 **Kojak**
9.30 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.30 PM **The Memoirs of Sherlock Holmes** *The Red Circle:* A man is found murdered in New York.
1.40 **Kojak** Double bill.
3.45 **Magnum, PI** Double bill.
5.55 **Minder** *Gone with the Winchester:* A face from the past spreads stories that cause Arthur and Dave to fall out.

7.00 The Chase Celebrity

7.00 **The Chase Celebrity Special** Cherry Healey, Dallas Campbell, Robert Peston and Ria Hebden compete for charity.

8.00 **British Rally Championship** Action from the Voyonic Grampian Forest Rally.

9.00 **FILM Creed** Boxing drama starring Michael B Jordan and Sylvester Stallone. The son of a boxer turns to former champion Rocky Balboa for help follow in his father's footsteps. (2015, 12, 133min) ★★★★
SEX●●● VIOLENCE●●● LANG●●●

11.35 **FILM Reservoir Dogs** Quentin Tarantino's violent crime thriller starring Harvey Keitel and Michael Madsen. (1991, 18, 100min) ★★★★★
1.30 AM **Motorsport UK**
2.30 **Two and a Half Men**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 6/20. (S1)
2.00 **Primeval** 7/7. (S2)
3.00 **Stargate Atlantis** 10/20. (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: Deep Space Nine** 6/20. A hunted alien seeks refuge on the station. (S1)
6.00 **Star Trek: Enterprise** 20/22. Archer and the crew unearth a xenophobic plot. (S4)

9.00 The Leftovers

7.00 **Primeval** 7/7. Leek releases a Silurian sand scorpion at a busy beach and threatens to set loose more horrors. (S2)

8.00 **Stargate Atlantis** *The Return – Part One:* 10/20. Ancients return to reclaim a lost city. With Richard Dean Anderson. (S3)

9.00 **The Leftovers** *The Book of Kevin:* 1/8. Kevin does his best to forget that he died. (S3)

10.00 **The Walking Dead** *Out of the Ashes:* 5/24. Aaron, Carol, Lydia and Jerry go to the Hilltop ruins for blacksmith tools. (S11)
11.00 **Wynonna Earp** 6/12. The gang are hindered as they race to save one of their own. **12.00** M'T 7/12. Waverly and Nicole celebrate their engagement with an enchanted evening. (S4)
1.00 AM **True Blood** 3&4/10. (S6)
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 20/23. (S1)
11.00 **Hudson & Rex** 10/20. (S5)
12.00 NOON **Miss Scarlet** 2/6. (S5)
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 20/23. (S1)
5.00 **Hudson & Rex** 10/20.(S5)
6.00 **Father Brown** *The Last Supper:* The sleuthing priest finds he has plenty on his plate when a food fayre comes to Kembleford – bringing murder with it.

7.00 Miss Scarlet

7.00 **Miss Scarlet** *The Guild:* 2/6. Eliza is tasked with solving the murder of a private detective. (S5)

8.00 **Death in Paradise** *The Blood Red Sea:* 7/8. A treasure hunter is found dead after a valuable discovery. (S5)

9.00 **Shakespeare & Hathaway: Private Investigators** 3/10. The duo look into the drowning of a former beauty queen.

10.00 **Shakespeare & Hathaway: Private Investigators** 4/10. An American PI is arrested for murder. (S4)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 11/14. A stakeout turns into a murder case when a stock trader is shot dead, and suspicion falls on the man's mistress. (S1)
12.55 AM **Death in Paradise**
1.55 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
8.15 **Keeping Up Appearances**
8.55 **Only Fools and Horses**
10.15 **Are You Being Served?**
10.55 **Porridge**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **I Didn't Know You Cared**
2.10 **Dad's Army**
2.50 **Porridge**
3.30 **Last of the Summer Wine**
4.50 **dinnerladies**
6.05 **Are You Being Served?**
6.45 **Dad's Army**

4.50 dinnerladies

7.25 **Porridge** Betting fever sweeps Slade Prison, but it is not long before the stakes rise too high for some of the inmates.

8.00 **Red Dwarf** Rimmer ends up marooned for 600 years on a bizarre planet. **8.40** The crew members are alarmed to receive an SOS call from themselves.
9.20 **The Vicar of Dibley** Geraldine holds a radical Sunday service for the animals of the village.

10.00 **Not Going Out** Lucy is forced to look after her god-daughter. **10.35** The gang spend a long weekend on Frank's new boat.
11.15 **The Office**
11.55 **The Vicar of Dibley**
12.35 AM **Not Going Out**
1.55 **The Office**
2.40 **Here We Go**
3.10 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Train Truckers**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Train Truckers**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall**
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore more of the nation's dishes, beginning by showing there is more to British fowl than just roast chicken.

11.00 Taskmaster

7 PM
7.00 **Would I Lie to You?** With Bill Oddie, Frank Skinner, Jon Richardson and Sarah Millican.
7.40 **Richard Osman's House of Games** With David James and Rhys James. **8.20** Contestants include Anton Du Beke and Jessica Fostekew.

8 PM
9.00 **Have I Got a Bit More News for You** Richard Ayoade hosts, with guests Richard Osman and Kiri Pritchard-McLean.

9 PM
10.00 **QI XL** Sandi Toksvig talks through a tantalising trunkful of 'T' topics with Jo Brand, Guz Khan, Sally Phillips and Alan Davies.
11.00 **Taskmaster** With David Baddiel, Ed Gamble, Jo Brand, Katy Wix and Rose Matafeo.
11.55 **Mock the Week**
12.35 AM **Would I Lie to You?**
1.55 **Hate Thy Neighbour**
2.55 **to 4.00** AM **Richard Osman's House of Games**

10 PM

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun: What Happened Next?**
2.00 **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **George Clarke's Kitchen vs Garden**
8.00 **George Clarke's Remarkable Renovations** A couple plan to renovate a railway goods shed to create their dream home.
9.00 **Gogglebox** *Britain's Got Talent* is appraised.
10.00 **8 Out of 10 Cats Does Countdown**
11.05 **Gogglebox**
12.05 AM **First Dates**
1.05 **Swingers**
2.05 **Do You Have ADHD?**
3.05 **The Fear Clinic: Face Your Phobia**
4.05 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 12-14/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Reunion:* 2/24. Gibbs and his team investigate the bizarre death of a Marine. **7.00** *The Inside Man:* 3/24. A blogger who accused the NCIS of a cover-up is found dead. **8.00** *Good Cop, Bad Cop:* 4/24. A Marine with a link to Ziva is found dead off the coast of Tanzania. (S7)
9.00 **NCIS: Hawaii** New episode *Past Due:* 21/22. The discovery of a dead former MI6 agent uncovers secrets from Tennant's past. (S2)
10.00 **Law & Order: Special Victims Unit** (S17)
12.00 M'T **The Resident** (S4)
1.50 AM **Blue Bloods** (S7)
2.45 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** New edition Paramedics rush to the aid of a joiner who has fallen through a building floor.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Highway Patrol**
9.45 **Trucking Hell**
10.45 **Traffic Cops**
11.45 **Police Interceptors**
1.50 PM **FILM The Proud Rebel** Western starring Alan Ladd. (1958, b/w, U, 108min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **Ice Road Truckers** Todd is forced to travail a tenuous ice crossing. **10.00** Todd and Darrell run into trouble when they hit a new trail.
11.00 **MacGyver** 11/21. (S1)
12.00 M'T **Behind Bars: World's Toughest Prisons**
1.00 AM **Warship: Life at Sea**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Four teams have two hours to cook a main and dessert in a service challenge led by Jean-Christophe.
8.00 **Inside the Ambulance** Paramedics treat a woman trapped in her car after a crash, and elderly woman who has badly cut her legs.
9.00 **One Born Every Minute**
11.00 **999 Rescue Squad**
1.00 AM **Death at the Mansion: Rebecca Zahau** Documentary.
1.55 **to 3.00** AM **Louis Theroux: Dark States – Trafficking Sex**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.40 **Classic Holby City**
10.45 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **Tenko**
3.15 **The Doctor Blake Mysteries** 4/8. (S3)
4.15 **Lovejoy**
5.30 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **NEW SERIES The Brokenwood Mysteries** *The Ghost in You:* 1/6. A woman dies following a reunion gig by her favourite band. (S11)
10.00 **New Tricks**
11.20 **Spooks** 3/10. (S5)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Sister Boniface Mysteries** 5/12. (S2)
3.05 **to 4.00** AM **Birds of a Feather**

+1 hr 243 316 60 260

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In Northumbria.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition Quirky items, including a secret society's ballot box, an uncle's gold tooth and expensive kitchenware, create a buzz in the auction room. **10.00** A cancer survivor calls on Angus to sell some family heirlooms. **11.00** The team help a couple to clear out their home in Filey.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase**
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire?** Quiz show.
5.00 **The Bidding Room** Items include a collection of curiosities and an unusual chair.
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Cops Uncut**
9.00 **Wanted: Dead or Alive**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM Texas** Western. (1941, b/w, PG) ★★★
3.05 **FILM The Texas Rangers** Western. (1951, U, 75min) ★★★
5.00 **Wanted: Dead or Alive**
6.00 **Tombstone Territory**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Go Tell the Spartans** War drama starring Burt Lancaster. (1977, 15, 114min) ★★
11.30 **FILM The Big Lift** Melodrama starring Montgomery Clift and Paul Douglas. (1950, b/w, PG, 119min) ★★★
2.10 AM **FILM Super Collider** Sci-fi thriller. (2013, PG, 90min) ★★
4.00 **to 5.00** AM **Cops Uncut**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station: Big Weekend Getaway**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM A Case of Murder: Garage Sale Mystery** Crime drama. (2017, PG, 90min) ★★
1.00 PM **FILM Mom Wars** Thriller. (2017, PG) ★★
2.55 **FILM Left for Dead** Thriller. (2018, PG) ★
5.00 **FILM The Neighbourhood Nightmare** Thriller. (2018, 12, 89min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Extraction** Thriller. (2015, 15, 88min) ★
11.05 **FILM A Wicked Vendetta** Thriller. (2018, 12) ★★
1.10 AM **FILM Perfect Plan** Mystery thriller. (2010, 12, 89min) ★★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Cradles for Cash** Mystery. (2019, 12) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM The Perfect Bride: Wedding Bells** Drama. (2018, PG) ★★
10.00 **FILM The Wedding Ring** Drama. (2020, PG) ★★
11.55 **FILM My Boss's Wedding** Romance. (2021, PG, 85min) ★★
2.00 PM **FILM Undercover Bridesmaid** Romance. (2012, PG, 86min) ★★
4.00 **FILM The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
5.55 **FILM The Engagement Plot** Romantic comedy. (2022, PG, 87min) ★★
8.00 **FILM Butlers In Love** Romantic comedy. (2022, PG, 89min) ★★
9.55 **FILM A Perfect Match** Romantic drama. (2021, PG, 84min) ★★
11.45 **FILM Picture Perfect Romance** Drama. (2022, U, 89min) ★★
1.50 **to 5.00** AM **Highway to Heaven**
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Hihglights**
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **FILM The Little Princess** Drama. (1939, U) ★★
2.50 **Mysterious Tales**
3.00 **Mapp and Lucia** (S1)
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of...**
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S4)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of Breath** 5/7. (S1)
9.00 **Bramwell** 9/10. (S3)
10.00 **Game On** 5/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM The Great Smokey Roadblock** (1976, 15, 85min) ★★
2.10 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Yukon Men**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Captain Jake is hit with a ship-wide blackout. **8.00** As winter rocks the fleet, the Bering Sea takes its toll on a rookie.
9.00 **Body Bizarre** A boy who was born with his organs back to front and no jaw at all. **10.00** Amar's face has been destroyed by a bony tumour.
11.00 **Gold Divers** An Arctic blizzard wreaks havoc.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Paul Hollywood: City Bakes** Cape Town.
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Veg**
10.00 **The Hairy Bikers'...**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Veg**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Tom's American Feast**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 5/24. (S8)
9.00 **The Fall Guy** 4/22. (S3)
10.00 **Knight Rider** 18/22. (S4)
11.00 **FILM The Return of the Man from U.N.C.L.E** Spy thriller spoof. (1983, PG, 93min) ★★★
12.55 PM **FILM Yangtse Incident** Adventure. (1956, PG, 113min) ★★★
3.05 **FILM Sea of Sand** Action drama. (1958, b/w, U, 97min) ★★★
5.00 **Star Trek** 19/24. (S3)
6.00 **Knight Rider** 19/22. (S4)
7.00 **The Fall Guy** 5/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Escape from New York** Adventure. (1981, 15, 99min) ★★★★
11.00 **FILM POW: The Escape** Action adventure. (1986, 15, 90min) ★★
12.50 AM **FILM Drive Hard** Thriller. (2014, 15) ★
2.45 **to 4.50** AM **FILM Spring** Horror. (2014, 15, 105min) ★★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM The Shape of Things to Come** As shown at 5.00pm.
8.00 **FILM Alien Convergence** Thriller. (2017, 15, 90min) ★★
10.00 **Andromeda** 2/22. (S1)
11.00 **FILM Sinbad and the Clash of the Furies** Adventure. (2016, 12) ★
1.00 PM **MacShayne: Winner Takes All** Crime drama.
3.00 **Andromeda** 2/22. (S1)
4.00 **The A-Team** 20/23. (S4)
5.00 **FILM The Shape of Things to Come** Sci-fi. (1979, 15, 94min) ★
7.00 **Andromeda** 3/22. (S1)
8.00 **The A-Team** 21/23. (S4)
9.00 **FILM Backdraft** Drama. (1991, 15, 131min) ★★★
11.40 **FILM Assault on Station 33** Thriller. (2021, 15, 110min) ★★
1.30 **to 3.00** AM **FILM Western World** Western. (2017, 12) ★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **Evidence of the Unexplained**
11.10 **Weird or What?**
12.10 PM **Mysteries from Above** A military tower.
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **NEW The Sumatran Monster** Documentary.
10.00 **Bigfoot in Britain**
12.20 AM **National Park Mysteries** Double bill.
1.00 **Evil Encounters**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Arkansas.
12.00 NOON **Our Family Farm Rescue with Adam Henson**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Ben meets a nomadic family on New Zealand's North Island.
9.00 **Susan Calman's Cruise of a Lifetime** Sue continues her cruise around the Caribbean's most exclusive islands.
10.00 **Crete: Jewel of the Med**
11.00 **Prisoner: Cell Block H**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Mini Reni** New editions
10.00 **Celebrity IOU** New edition Actor Rachel Brosnahan gifts a marvellous makeover at the home of her best friend and her family.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **My Big Fat Fabulous Life**
9.00 **1000-lb Sisters**
10.00 **Baylen Out Loud**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Baylen Out Loud**
3.00 **Body Bizarre**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 9&10/22. (S6)
10.00 **Last Man Standing** (S7)
11.00 **Everybody Loves Raymond** (S6)
1.00 PM **Friends** (S8)
8.00 **Friends** 21/24. A poor review upsets Monica. **8.30** 22/24. Chandler falls asleep at Joey's film premiere. (S8)
9.00 **Stupid Central** New editions Featuring epic bad hair days. **9.30** Featuring clips of kitchen nightmares.
10.00 **Kevin Bridges Live in Glasgow** Stand-up.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park** (S15)
2.00 AM **Broad City** (S4)
3.00 **Jessica Fostekew: Silence of the Nans**
3.45 **The Pep Talk**
3.50 **Your Face or Mine**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 2&3/13. (S4)
11.00 **Friends** (S9)
1.00 PM **Impractical Jokers**
2.00 **Daria** 4&5/13. (S4)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S6)
9.00 **New Girl** 17&18/22. Double bill. (S6)
10.00 **Friends** 7-12/24. (S8)
1.00 AM **Beavis and Butt-Head** (S6&7)
2.00 **Key & Peele** (S3)
3.00 **Whose Line Is It Anyway? USA**
3.45 **Jack Whitehall: Comedy Central Live**
4.05 **David O'Doherty: Comedy Central Live**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with...**
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure**
2.00 PM **The Force: Manchester**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Nothing to Declare**
6.00 **Blood & Treasure** (S1)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **SurrealEstate** (S2)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Loch Ness to London**
2.00 **Duck Quacks Don't Echo** With Russell Kane.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
3.00 PM **Catfish: Repeat Offenders** Reality series.
4.00 **Catfish: The TV Show**
6.00 **Dallas Cowboys Cheerleaders**
7.00 **Laguna Beach: The Real Orange County**
8.00 **Rich Kids, Skint Holiday** From Great Yarmouth.
9.00 **Skin A&E**
10.00 **Ink Master: OGs vs. Young Guns** New edition
11.00 **Ink Master Redemption** New edition Miami Burgess and Frank McManus return.
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Railroad Alaska**
9.00 **Dual Survival**
11.00 **Kindig Customs**
1.00 PM **Gold Divers** Double bill.
3.00 **Gold Rush** Double bill.
5.00 **Building Off the Grid** A young family face winter monsoons as they try to build a ranch outside San Antonio.
6.00 **Baggage Battles** A cowboy auction in California. **6.30** The baggage battlers head to a music icons auction in New York.

9.00 The Lost Kingdom of the...

7.00 **Wheeler Dealers World Tour** Mike and Elvis offer their expertise to a Youtuber on his ambitious McLaren P1 build.

8.00 **Roadworthy Rescues** In Michigan, Derek plans to turn an abandoned 1964 Ford Galaxie into a rally-tribute car.

9.00 **The Lost Kingdom of the Yeti** In the high-altitude wilderness of Bhutan, new evidence hints that the mysterious yeti may exist. Mark Evans travels into the Himalayas in an attempt to find out the truth.

11.00 **Buying Alaska** A newly engaged couple look for a home on the Kenai River. **11.30** A couple are tired of their high maintenance home.
12.00 M'T **Moonshiners**
1.00 AM **Lost Kingdom of the Yeti**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Saved by the Barn**
10.00 **Tanked** A reef tank.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Lone Star Law** Boone gets a tip-off about a hunter who illegally shot a deer.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff performs surgery on an underweight dog that cannot keep its food down.

7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson builds a spectacular five-platform structure for a nature preserve in Michigan.

8.00 **Expedition Bigfoot** Mireya's nightmares come true, and Russell investigates a Bigfoot underwater passageway.

9.00 **Alaska: The Last Frontier** Otto and Jane make one last attempt to relocate a herd of wild buffalo.

10.00 **Mountain Monsters** The team hunt a wolf-like creature that is lurking in the cornfields of Jackson County, West Virginia.

11.00 **Pit Bulls & Parolees** A California man hopes to find a new dog to stay by his side as be battles cancer.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Expedition Bigfoot**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Amsterdam Central 24/7**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Colossal Machines**
2.00 PM **Hitler's American Battleground** 1&2/2.
4.00 **Drain the Oceans: Deep Dive** The tragic trail of wreckage at Pearl Harbor.
5.00 **Car S.O.S** Tim and Fuzz are taking on their 100th car.
6.00 **Hitler's Last Stand** An American artillery observer is a French town's only hope.

8.00 Construction Fails

7.00 **Air Crash Investigation** Investigators attempt to work out why a plane bursts into flames just after landing in Japan.

8.00 NEW SERIES **Construction Fails** A ship breaks a Baltimore bridge, and a crane in Manhattan catches fire

9.00 **To Catch a Smuggler** New edition In Puerto Rico, AMO agents pursue a vessel carrying cocaine valued at $2.5million.

10.00 **Trafficked with Mariana Van Zeller** New edition Mariana investigates the global phenomenon of armoured car heists.

11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned**
2.30 **To Catch a Smuggler**
2.55 **Money Meltdown**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings** Documentary.
7.50 **Storage Wars** Double bill.
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There** The Ohio Grassman.
1.00 PM **Holy Marvels with Dennis Quaid** As 8.00pm.
2.00 **Pharaohs at War** As 9.00pm.
3.00 **Ancient Murders Unearthed**
5.00 **Contraband: Seized at Sea**
6.00 **American Pickers** The Wolfe brothers uncover an overgrown vintage Cadillac graveyard.

9.00 Pharaohs at War

7.00 **Forged in Fire** Two previous champions go head to head in a five-hour forging round.

8.00 **Holy Marvels with Dennis Quaid** New edition The actor considers buildings of Biblical proportions.

9.00 **Pharaohs at War** New edition The Battle of Actium, a decisive naval engagement fought on 2 September, 31 BC.

10.00 **Mafia: Most Wanted** New edition How mob bosses in Toronto extended their power and influence despite being in prison.

11.00 **Holy Marvels with Dennis Quaid** New edition The legendary beasts believed to roam the earth and the seas.
12.00 M'T **Evil Encounters** A look into the legend of Bigfoot.
12.55 AM **The Proof Is Out There**
1.50 **Pharaohs at War** As 9.00pm.
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **Adolf Hitler's War**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Adolf Hitler's War**
5.00 **War Factories** How Fiat didn't just make cars, but made and broke governments too.
6.00 **Antiques Roadshow** Fiona Bruce and the experts pay a second visit to the seafront at Eastbourne, East Sussex.

7.00 South America

7.00 **Simon Reeve's South America** Simon travels through Brazil, visiting a neglected indigenous neighbourhood in Manaus.

8.00 **Wilderness with Simon Reeve** Simon travels through the Democratic Republic of the Congo.

9.00 **Tropic of Cancer with Simon Reeve** Simon's journey takes him from the banks of the Nile in Egypt to Oman.

10.00 **Bangers & Cash** Derek heads to Co Durham where a man is reluctantly letting his late father's car collection go.

11.00 **Billy Connolly Does...** Billy reveals why you should never buy a house with mattresses in the garden.
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Yorkshire Auction House**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
9.00 **Mike Brewer: Born Dealer** New edition Mike heads to Poland to avoid the dreaded British 'Porsche Tax'.
10.00 **MotoGP Highlights** Action from the Grand Prix of Austria at the Red Bull Ring, Spielberg.
11.00 **How Do They Do It?**
1.00 AM **Fifth Gear Recharged**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Dale Cregan.
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **10 Steps to Murder**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New edition
10.00 **The Detectives: My Killer Case** The case of serial killer Steve Wright.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A drive-by shooting.
8.00 **Killers: Caught on Camera** Suspicion arises after a house fire and a death after a date.
9.00 **Murder: First on Scene** A woman's body is found at a pumping station in Hull.
10.00 **Prosecuting Evil with Kelly Siegler** Kelly uses controversial tactics to demonstrate to a jury how a suburban mother could have killed and buried her husband.
11.00 **The Truth About My Murder** Double bill.
1.00 AM **Murder: First on Scene** As 9.00pm.
2.00 **Prosecuting Evil with Kelly Siegler**
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
2.00 PM **Evidence of Evil**
4.00 **Medical Detectives** California police search for a man who committed several crimes in 1957. **4.30** Investigators piece together tiny clues at the scene of a hit-and-run. **5.00** Investigators must determine what caused a fire that killed an elderly couple. **5.30** Investigators close in on a killer 20 years after the murder. **6.00** Hunters make a grisly find in a Texas canyon – a human skull. **6.30** When a wife goes missing in Key West, police wonder if they are investigating a murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That Shocked the Nation**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That Shocked...**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Killer in My Village**
11.00 **Who Killed Jill Halliburton Su?**
12.05 AM **Killing Mum and Dad**
1.05 **Murders That Shocked...**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Forts of Verdun**
9.25 **Digging Up Britain's Past** Documentary.
10.30 **The Windermere Children: In Their...**
11.50 **Jungle War**
1.00 PM **America the...**
1.35 **Forts of Verdun**
2.50 **Digging Up Britain's Past** Documentary.
3.50 **The Windermere Children: In Their...**
5.05 **Jungle War**
6.15 **Forts of Verdun**
7.30 **Digging Up Britain's Past** Documentary.
8.30 **The Windermere Children: In Their Own Words** The story of a pioneering project to rehabilitate child survivors of the Holocaust.
9.50 **Jungle War**
11.00 **Digging Up Britain's Past** Documentary.
12.00 M'T **The Windermere Children: In Their...**
1.20 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Sally Field**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Janet Jackson**
10.55 **Burden of Proof: Who Killed Jennifer Pandos?**
12.00 NOON **Lance**
4.00 PM **Discovering: Sally Field**
5.00 **The Directors**
6.00 **The Sixties** 6/10. A look at how American culture was changed by The Beatles.
6.55 **Burden of Proof: Who Killed Jennifer Pandos?** 1/4. The case of a 15-year-old girl who went missing in 1987.
8.00 **I'm Not a Monster: The Lois Riess Murders** 1&2/2. Convicted murderer Lois Riess tells her story for the first time.
11.20 **Amsterdam Narcos** 1/3. How the Dutch city turned into the drug capital of Europe.
12.20 AM **100 Foot Wave**
1.20 **The United Way**
3.10 **Right to Fight**
5.00 **to 6.00** AM **Discovering: Sally Field**

Sky Nature

145 113/114 189 354 369

6.00 AM **Cub Camp**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Wild Animal Babies**
10.00 **Jaguar Journals**
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary.
12.00 NOON **Reef Wrecks**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Wild Animal Babies**
4.00 **Jaguar Journals**
5.00 **Island of the Monsoon**
6.00 **Reef Wrecks**
7.00 **Monkey Life** Double bill.
8.00 **The Predator's Playbook**
9.00 **Undiscovered Vistas** The Bolivian salt flat Salar de Uyuni.
10.00 **Reef Wrecks**
11.00 **Island of the Monsoon**
12.00 M'T **Ningaloo: Australia's Ocean Wonder** Documentary.
1.00 AM **Cub Camp**
2.00 **The Predator's Playbook**
3.00 **Undiscovered Vistas**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Wild Animal Babies**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Great Escapes with Morgan Freeman**
9.00 **Digging Up Britain's Past**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Great Escapes with Morgan Freeman**
2.00 **Digging Up Britain's Past**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **Lost Worlds**
6.00 **Storm Stories**
7.00 **What on Earth?** China's hidden terror camps.
8.00 **Auction Hunters** Double bill.
9.00 **Craig Charles: UFO Conspiracies** A perplexing UFO encounter in south Wales.
10.00 **Al Murray: Why Do the Brits Win Every War?** A look at how the former colony of America was lost.
11.00 **MonsterQuest**
12.00 M'T **Ancient Aliens**
2.00 AM **What on Earth?**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Exhumed**
1.00 PM **Murder By Medic**
2.00 **Judge Rinder's Crime Stories**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Critical Evidence**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **When Missing Turns to Murder** New edition A disappearance from a family home in 2002.
10.00 **West End Murders**
11.00 **Faces of Evil**
12.00 M'T **Murder By Medic**
1.00 AM **When Missing Turns to...**
2.00 **An Hour to Kill**
3.00 **Last Night Out** New edition
4.00 **Critical Evidence**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Last of the Giants: Wild Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
3.00 **America's National Parks**
4.00 **Secrets of the Zoo: North Carolina**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City** A python gatecrashes a wedding.
7.00 **Wild Mississippi** The animals that depend on the Mississippi river system for survival.
8.00 How wildlife along the river adapts to floods.
9.00 **Predator In Paradise** Predators battle over food, territory and offspring.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** A journey into Central America to find a tarpon.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Attack and Capture: The Story of U-Boat 505**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Attack and Capture: The Story of U-Boat 505** Documentary exporing the story of the only German submarine captured by the US Navy during World War Two.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **The 1980s: The Deadliest Decade** The death of vaudeville producer Roy Radin.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Inside the Vets**
1.00 PM **Inside the Vets**
7.00 **Inside the Vets** A beloved family cat fights for her life, and a bulldog struggles to breathe.
8.00 The team help a sugar glider who is in danger of going blind and attend to a very unwell hedgehog.
9.00 A chameleon loses its lust for life, a dancing goat with smelly feet is in need of treatment, and a dental appointment for a degu takes a shocking turn.
10.00 A puppy needs emergency surgery after being attacked. Other patients include a python and an uncooperative parrot that is suffering from arthritis.
11.00 Following the progress of a bearded dragon that needs an emergency procedure after straining to lay eggs.
12.00 M'T **Inside the Vets**
5.20 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **I'd Kill for You**
9.00 **People Magazine Investigates**
11.00 **Southern Fried Homicide**
1.00 PM **A Killer's Mistake**
3.00 **The Perfect Murder**
5.00 **Married to Evil** Double bill.
7.00 **Where Murder Lies** When mother-to-be Jenny Webb failed to come home, her loved ones are worried. Later that night, their fears are confirmed when she was found dead.
8.00 When a hardworking trucker was shot dead, officers were left with few clues to find his killer. Two years later, a confession cracked the case.
9.00 **Serial Killer, Serial Liar: Levi Bellfield – A Faking It Special** How the serial killer lied about his horrific murders.
10.00 **On the Case with Paula Zahn**
11.00 **Death by Fame**
12.00 M'T **The Curious Case of Natalia Grace** Double bill.
2.00 AM **Married to Evil**
4.00 **to 6.00** AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Engine Addict with Jimmy...**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Engine Addict with Jimmy de Ville** Jimmy heads to Austria on the hunt for the KTM 125 SX.
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** Shorty takes on three cars that urgently need some love.
9.00 **Richard Hammond's Big**
10.00 **Bad Chad Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Trans Am**

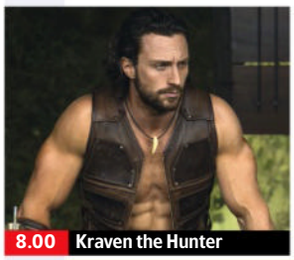
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Mountain** As 1.35pm.
7.45 **Sonic the Hedgehog 3** (2024)
9.40 **The Room Next Door** (2024)
11.35 **Saturday Night** As 10.10pm.
1.35 PM **The Mountain** Comedy. (2024, PG, 89min) ★★★★
3.15 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
5.15 **Wicked** Musical fantasy adventure starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★



8.00 Kraven the Hunter

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. With Russell Crowe and Ariana Debose. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Saturday Night Comedy drama starring Gabriel LaBelle. During the build-up to the first broadcast of *Saturday Night Live*, comedians and writers prepare to change TV forever. With Cory Michael Smith. (2024, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
2.00 **The Thicket** Western. (2024, 15, 108min) ★★★
4.00 **to 6.00** AM **The Room Next Door** Drama with Tilda Swinton. (2024, 12, 102min) ★★★★

Sky Cinema Hits

303 303 403 503 517

7.05 AM **Baywatch** Action comedy. (2017, 15, 121min) ★★
9.05 **This Is 40** Comedy. (2012, 15, 135min) ★★★
11.20 **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
1.45 PM **The Secret Life of Pets** Animation. (2016, U) ★★★
3.15 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
5.35 **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12) ★★★

8.00 Bad Boys for Life

8.00 Bad Boys for Life Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez and Vanessa Hudgens. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Bad Boys: Ride or Die Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The First Purge** Thriller prequel. (2018, 15, 98min) ★★
2.00 **Thanksgiving** Horror thriller. (2023, 18, 106min) ★★★
3.50 **Five Nights at Freddy's** Horror with Josh Hutcherson. (2023, 15, 109min) ★★
5.40 **to 8.05** AM **The Great Gatsby** As shown at 11.20am.

Sky Cinema Drama

310 310 410 510 524

6.25 AM **The Great Escape** (1963)
9.30 **Gorillas in the Mist** Fact-based drama with Sigourney Weaver. (1988, 12, 124min) ★★★★
11.55 **I Used to Be Funny** As 10.10pm.
1.55 PM **One Life** Fact-based drama. (2023, 12, 105min) ★★★★
4.00 **The Post** Fact-based drama. (2017, 12, 113min) ★★★★
6.05 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
8.00 **Valentine's Day** Romantic comedy about the intersecting paths of a series of LA couples on 14 February, starring Ashton Kutcher, Jennifer Garner, Anne Hathaway and Julia Roberts. (2010, 12, 125min) ★★★
10.10 **I Used to Be Funny** Comedy drama starring Rachel Sennott. A comedian agonises over whether or not to join the search for a missing teenage girl she used to look after. (2023, 15, 105min) ★★★
12.10 AM **The Great Escape** Classic adventure starring Steve McQueen and James Garner. (1963, PG, 166min) ★★★★★
3.10 **The Illusionist** Period mystery. (2006, PG, 110min) ★★★★
5.10 **to 6.55** AM **Flashdance** Dance drama. (1983, 15, 96min) ★★★

Sky Cinema Star Trek

311 311 411 511 525

6.00 AM **Star Trek The Motion Picture** As shown at 6.15pm.
8.15 **Star Trek II: The Wrath of Khan** As shown at 8.30pm.
10.15 **Star Trek III: The Search for Spock** As shown at 10.30pm.
12.15 PM **Star Trek IV: The Voyage Home** As shown at 12.20am.
2.15 **Star Trek V: The Final Frontier** Sci-fi adventure starring William Shatner. (1989, PG, 100min) ★★
4.15 **Star Trek VI: The Undiscovered Country** Sci-fi. (1991, PG, 109min) ★★★★
6.15 **Star Trek The Motion Picture** : Sci-fi adventure starring William Shatner. (1979, U, 132min) ★★★
8.30 **Star Trek II: The Wrath of Khan** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1982, 12, 113min) ★★★★
10.30 **Star Trek III: The Search for Spock** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1984, PG, 105min) ★★
12.20 AM **Star Trek IV: The Voyage Home** Sci-fi starring William Shatner and Leonard Nimoy. (1986, PG, 119min) ★★★★
2.25 **Star Trek V: The Final Frontier**
4.15 **The Cinema List: Star Trek**
4.30 **to 6.30** AM **Star Trek VI: The Undiscovered Country**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.30 AM **The Wiz** As 3.15am.
8.55 **Robin and the Hoods** Comedy. (2024, PG, 101 min) ★★
10.50 **Harriet the Spy** As 1.30am.
12.45 PM **Peter Rabbit** Comedy. (2018, PG, 95min) ★★★
2.35 **Peter Rabbit 2: The Runaway** Comedy adventure sequel. (2021, U, 93min) ★★★
4.10 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
6.00 **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★

10.00 Save the Cinema

8.20 **The SpongeBob SquarePants Movie** Animated adventure based on the cult TV series set in an undersea world. With the voices of Tom Kenny, Clancy Brown and Scarlett Johansson, and starring David Hasselhoff. (2004, U, 87min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Save the Cinema** Drama telling the true story of Liz Evans from Carmarthen, south-west Wales, who started a campaign in the 1990s to save the town's Lyric Cinema. Stars Samantha Morton. (2021, 12, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
1.30 AM **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
3.15 **The Wiz** Motown musical. (1978, U, 133min) ★★
5.40 **to 7.30** AM **The Secret Garden** Drama. (2020, PG) ★★★★

Sky Cinema Action

307 307 407 507 521

7.05 AM **Twilight of the Warriors: Walled In** As 2.10am.
9.10 **The Fast and the Furious** Action thriller. (2001, 15) ★★★
11.00 **Man of Steel** Fantasy. (2013, 12, 143min) ★★★
1.25 PM **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
3.25 **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★
5.25 **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★

8.00 Aquaman

8.00 **Aquaman** Superhero adventure starring Jason Momoa. The human-born heir to the kingdom of Atlantis embarks on a quest to prevent a war between the worlds of ocean and land. With Nicole Kidman, Willem Dafoe and Patrick Wilson. (2018, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★★
2.10 **Twilight of the Warriors: Walled In** Crime thriller. (2024, 15, 126min) ★★★
4.15 **to 6.25** AM **The Killer** Thriller. (2024, 15, 125min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **About Last Night** Comedy remake. (2014, 15, 98min) ★★
8.50 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
10.45 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★
12.45 PM **Beverly Hills Cop 3**
2.30 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
4.15 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
6.15 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★

10.00 Beverly Hills Cop 3

8.00 **School of Rock** Comedy starring Jack Black and Joan Cusack. A wannabe rock guitarist poses as a substitute teacher at an elite private school and tries to turn his young pupils into a rock band. With Mike White. (2003, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Beverly Hills Cop 3** Comedy thriller sequel with Eddie Murphy. Street-smart Detroit cop Axel Foley discovers that an LA theme park is a front for a counterfeiting gang. (1994, 15, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Wimbledon** Sports comedy. (2004, 12, 98min) ★★★
1.30 AM **Knocked Up** Comedy. (2007, 15, 129min) ★★★★
3.40 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
5.25 **to 7.05** AM **Napoleon Dynamite** Teen comedy. (2004, PG, 95min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.25 AM **Kindred** (2021, 15) ★★★
8.10 **Mona Lisa and the Blood...**
10.05 **Restore Point** Sci-fi thriller. (2023, 15, 115min) ★★★★
12.05 PM **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
2.45 **Jericho Ridge** Action thriller. (2023, 15, 87min) ★★★
4.25 **Mona Lisa and the Blood Moon** Mystery thriller. (2021, 15, 106min) ★★★★
6.20 **Dead Shot** Action thriller. (2023, 15, 92min) ★★★

10.25 Serpico

8.00 **Angels & Demons** Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Serpico** Fact-based crime drama starring Al Pacino as an idealistic New York cop who blows the whistle on his corrupt police colleagues. With John Randolph. (1973, 18, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Gloria** Gangster thriller starring Sharon Stone. (1999, 15, 107min) ★★
2.35 **The Royal Hotel** Thriller. (2023, 18, 91min) ★★★
4.15 **to 6.05** AM **The Line** Drama. (2023, 15, 100min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Hotel Transylvania 2** Animated comedy sequel. (2015, U, 89min) ★★★
12.45 PM **Baby's Day Out** Comedy. (1994, PG, 99min) ★★★
2.35 **Father Goose** Comedy. (1964, U, 116min) ★★★
4.50 **One Million Years BC** Prehistoric adventure. (1966, PG, 100min) ★★★
6.50 **I, Robot** Sci-fi thriller. (2004, 12, 115min) ★★★★

9.00 Wrath of Man

I, Robot (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Wrath of Man** Guy Ritchie's crime thriller starring Jason Statham and Holt McCallany. A newly employed security guard displays unusual skills, which leaves his colleagues wondering about his shady past. (2021, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.20 **3.10 to Yuma** Western remake starring Russell Crowe and Christian Bale. A debt-stricken rancher volunteers to escort a notorious outlaw to justice. With Peter Fonda. (2007, 15, 122min) ★★★★
1.40 **to 3.45** AM **Antlers** Horror starring Keri Russell, Jeremy T Thomas and Jesse Plemons. (2021, 15, 99min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

7.50 AM **Layer Cake** As 2.15am.
9.45 **The Bikeriders** As 5.10am.
11.45 **Collateral** As 12.15am.
1.45 PM **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
4.00 **Raiders of the Lost Ark** Steven Spielberg's action adventure. (1981, PG, 115min) ★★★★★
6.00 **Indiana Jones and the Temple of Doom** Action adventure. (1984, PG, 118min) ★★★

8.00 **Indiana Jones and the Last Crusade** Steven Spielberg's action adventure starring Harrison Ford and Sean Connery. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★
10.10 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure starring Harrison Ford, Cate Blanchett and Shia LaBeouf. (2008, 12, 122min) ★★★

12.15 AM **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
2.15 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
4.10 **Sky Cinema Preview**
5.10 **to 7.20** AM **The Bikeriders** Drama starring Tom Hardy. (2023, 15, 116min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.20 AM **Parenthood** As 2.00am.
8.30 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
10.25 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
12.20 PM **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
2.00 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★

3.50 **The Money Pit** Romantic comedy starring Tom Hanks. (1985, 15, 91min) ★★★
5.35 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
8.00 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
10.05 **Patriot Games** Action thriller starring Harrison Ford and Sean Bean. (1992, 15, 116min) ★★★

12.05 AM **Rear Window** Thriller. (1954, PG, 112min) ★★★★★
2.00 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
4.15 **Sky Cinema Preview**
5.15 **to 7.20** AM **Star Trek: First Contact** Sci-fi adventure. (1996, 12, 110min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Trolls Band Together**
8.05 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
9.40 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
11.15 **Buffalo Kids** As 1.40am.
12.40 PM **Trolls Band Together** Animated family musical. (2023, U, 91min) ★★★
2.20 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★

4.00 **Open Season** Animated family comedy adventure. (2006, PG, 86min) ★★★★
5.30 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
6.50 **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★
8.35 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
10.25 **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★

12.00 M'T **Rebellious** Animation. (2024, PG, 94min) ★★★
1.40 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
3.10 **Noah's Ark** Animation. (2024, U, 96min) ★★★
4.50 **to 6.10** AM **Tom and Jerry Cowboy Up!** (2021, U) ★★★

Movies 24

312 313 419

7.00 AM **Made for Each Other** Fantasy. (2023, PG, 84min) ★★
9.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
11.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
1.00 PM **Flowers and Honey** Drama. (2021, PG, 90min) ★★
3.00 **A Match In Manhattan** Romantic drama with Kalinka Petrie. (2024, PG, 90min) ★★

5.00 **The Reluctant Royal** Romantic comedy. (2025, PG, 84min) ★★
7.00 **For Love & Honey** Romantic comedy. (2024, U, 84min) ★★
9.00 **A Scottish Love Scheme** Romantic drama starring Erica Durance and Jordan Young. Two childhood friends are reunited during a holiday in Scotland, and their mothers plot to bring them together. (2024, PG, 84min) ★★
11.00 **A Harvest Homecoming** Drama. (2023, PG, 85min) ★★

1.00 AM **An American in Austen** Romantic comedy drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **A Paris Proposal** Romantic comedy drama. (2023, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 3/38. (S1)
6.30 **Shadow of Fear** Thriller. (1963, b/w, U, 63min) ★★
7.40 **Look at Life**
7.55 **The Scamp** Drama. (1957, b/w, PG, 95min) ★★
9.35 **What's On TPTV with Noel**
9.50 **Blood of the Vampire** Horror tale. (1958, 18, 85min) ★★
11.35 **Take a Hard Ride** Western. (1975, PG, 103min) ★★

1.40 PM **A Piece of Cake** Comedy. (1948, b/w, U, 46min) ★★★
2.40 **The Black Tent** Adventure. (1956, U, 93min) ★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 27/39. (S1)
5.30 **Bonanza** 28/32. (S1)
6.30 **The Vise** 6/39. (S1)
7.00 **The Footage Detectives**
8.00 **Public Eye** 8/13. (S7)
9.05 **The Odessa File** Thriller. (1974, PG, 129min) ★★★
11.40 **The Killer is Loose** Thriller. (1956, b/w, PG, 73min) ★

1.10 AM **Bank Shot** Comedy caper. (1974, PG, 83min) ★★★
2.50 **Meet John Doe** Frank Capra's comedy drama with Gary Cooper. (1941, U, 123min) ★★★★
5.20 **Glasgow Cine Contest**
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **Ref Watch** Analysis.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.00 LIVE **The Hundred Southern Brave Women v Oval Invincibles Women.** From the Rose Bowl, Southampton. Start-time is at **3.00pm**.
6.00 **The Premier League Show**
6.30 LIVE **MNF Leeds United v Everton.** Coverage of the Premier League match held at Elland Road. Kick-off **8.00pm**.
11.00 LIVE **WTA Tennis** Coverage of the Cincinnati Open women's final from Lindner Family Tennis Center in Mason, Ohio.
1.00 AM LIVE **WTA & ATP Tennis** Coverage of the latest events from the WTA and ATP Tours, including the WTA Monterrey Open, WTA Cleveland Open and ATP Winston-Salem Open.
3.30 **to 6.30** AM LIVE **WTA Tennis** Day one of the Monterrey Open, a hard-court tournament which is held at Club Sonoma in Mexico.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
9.00 **Ref Watch** Analysis.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights** Liverpool v Bournemouth. **1.30** Sunderland v West Ham United at the Stadium of Light. **2.00** Brighton & Hove Albion v Fulham at the AMEX Stadium. **2.30** Tottenham Hotspur v Burnley. **3.00** Wolverhampton Wanderers v Manchester City at Molineux. **3.30** Chelsea v Crystal Palace. **4.00** Nottingham Forest v Brentford at the City Ground. **4.30** Manchester United v Arsenal.
5.00 **The Premier League Show**
6.00 **Ref Watch** Analysis.
6.30 LIVE **MNF Leeds United v Everton.** The Premier League clash at Elland Road. Kick-off **8pm**.
11.00 **Transfer 360** Duncan Ferguson.
11.30 **Gary Neville's Soccerbox**
12.00 M'T **MNF Hits** Highlights from Leeds United v Everton.
12.30 AM **Gary Neville's Soccerbox**
1.00 **PL Retro** A match from 2018.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro** Another chance to see the 2008/09 final.
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Craig Brown: My Scotland**
11.30 **There's Only One Sauzee**
12.00 NOON **Championship Season Review** The 2019/20 season.
1.00 PM **EFL Cup Highlights**
1.30 **EFL Trophy Football**
2.00 **EFL Highlights** Recent action.
5.00 **EFL Greatest Games**
6.00 **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Highlights** Hull City v Oxford United in the Championship. **7.15** Millwall v Middlesbrough.
7.30 **EFL Cup Highlights** Action from Bromley v Ipswich Town. **8.00** Highlights from Birmingham City v Sheffield United.
8.30 **EFL Highlights** Recent action.
10.00 **EFL League One Goals**
10.30 **EFL League Two Goals**
11.00 **EFL Greatest Games**
12.00 M'T **Retro League One**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Scottish Premiership Goals 2022/23** Top strikes.
5.30 **to 6.00** AM **Best Scottish Premiership Goals 2023/24**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** Replay of Manchester Originals Women v Northern Superchargers Women.
9.15 **The Hundred Bitesize**
10.30 **The Hundred** Another chance to see Birmingham Phoenix Men v London Spirit Men at Edgbaston.
2.00 PM **The Hundred Bitesize**
2.45 LIVE **The Hundred Southern Brave Women v Oval Invincibles Women.** Coverage of the match which is staged at the Utilita Bowl in Southampton. Start-time **3.00pm**.
6.00 LIVE **The Hundred Southern Brave Men v Oval Invincibles Men.** Coverage of the match from the Utilita Bowl, Southampton. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Southern Brave v Oval Invincibles. **9.45** Southern Brave Women v Oval Invincibles Women. **10.00** Highlights of Southern Brave Men v Oval Invincibles Men.
10.15 **The Hundred** Southern Brave Women v Oval Invincibles Women.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Southern Brave Men v Oval Invincibles Men.
5.30 **to 6.00** AM **Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf** Day four of the Danish Championship.
11.00 **PGA Tour Golf** Replay of day four of the BMW Championship.
5.00 PM **PGA Tour Champions** Action from the Boeing Classic.
6.00 **Tour Golf Highlights** Action from the Irish Challenge.
6.30 **DP World Tour Golf** A review of the Danish Golf Championship.
7.00 **PGA Tour Golf** A review of this year's BMW Championship.
8.00 **Ryder Cup Memories**
9.00 **PGA Tour Golf** A review of this year's BMW Championship.
10.00 **DP World Tour Golf** A review of the Danish Golf Championship.
10.30 **Countdown to the Ryder Cup**
11.00 **PGA Tour Golf** Recent action.
12.00 M'T **DP World Tour Golf**
12.30 AM **Tour Golf Highlights**
1.00 **Countdown to the Ryder Cup**
1.30 **DP World Tour Golf**
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **Tennis** The 2024 US Open.
8.00 **WTA & ATP Tennis** Highlights of day 11 of the Cincinnati Open.
12.00 NOON **WTA & ATP Tennis** Day 10 of the Cincinnati Open.
4.00 PM LIVE **WTA & ATP Tennis** Coverage of the latest events on the WTA and ATP Tours.
8.00 LIVE **ATP Tennis** Coverage of the Cincinnati Open men's final.
10.30 LIVE **WTA Tennis** Coverage of the Cincinnati Open women's final.
1.00 AM LIVE **WTA & ATP Tennis** From the WTA and ATP Tours.
3.30 **to 6.30** AM LIVE **WTA Tennis** Day one of the Monterrey Open held at Club Sonoma in Mexico.

TNT Sports 1

410 413 521 408 430

6.00 AM **Formula E Flashback**
6.30 **What I Wore**
7.00 **Premier League: Big Interview**
7.30 **Premier League Stories**
8.00 **Premier League**
9.30 **International T20 Cricket**
10.30 **UEFA Champions League**
12.00 NOON **Rylan: Homophobia, Football and Me**
1.00 PM **MLB Highlights**
2.00 **Sign Up – Into Football**
3.00 **International T20 Cricket**
4.00 **After The Roar** Documentary.
5.30 **UEFA Champions League**
6.00 LIVE **Ultimate Pool** Coverage of Group 12 of the Pairs Cup.
9.30 **Fight Week** UFC 319 action.
10.00 **Golden Trail World Series**
10.30 **The Gruppetto** Cycling action.
10.45 **What I Wore**
11.15 **MLB Classic** Action from 1973.
11.30 **MLB Highlights** Baseball action.
12.30 AM LIVE **MLB Kansas City Royals v Texas Rangers.** Start-time **12.40am**.
3.45 **MLB Plays of the Week**
4.15 **International T20 Cricket**
5.15 **to 6.00** AM LIVE **One Day International Cricket Australia v South Africa.** From Cazalys Stadium, Cairns.

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** Action from the Grand Prix of Austria Moto3 race. **7.00** Highlights from the Grand Prix of Austria Moto2 race. **8.00** The Grand Prix of Austria sprint race at Red Bull Ring. **8.30** The Grand Prix of Austria MotoGP race at Red Bull Ring.
9.30 **MotoGP Chequered Flag**
10.30 **Motocross World Championship** Action from the Uddevalla circuit in Sweden.
1.30 PM **Onboard** The Ocean Race.
2.00 **The Football Archives: UEFA Champions League** A look back at past seasons.
4.00 **WNBA** The key moments from Las Vegas Aces v Dallas Wings.
5.00 **MLB Highlights** Baseball action.
6.00 **Saudi Masters Snooker** The ninth day of the tournament.
8.00 **The Gruppetto** Cycling action.
8.15 **Playing for Our Future – Cycling**
8.30 **Onboard** The Ocean Race.
9.00 **Fishing: On the Bank**
10.00 **International T20 Cricket Highlights** Australia v South Africa at Cazalys Stadium.
11.00 **UFC** Replay of UFC 319.
2.00 AM **UFC Reloaded**
4.30 **UFC Fight Flashback**
5.30 **to 6.00** AM **Formula E**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour** British & Irish Lions v Argentina. **7.00** Highlights from Western Force v British & Irish Lions.
8.00 **The Rugby Championship** Australia v South Africa from 2024. **10.00** New Zealand v Argentina at Sky Stadium from 2024.
12.00 NOON **British and Irish Lions Tour** British & Irish Lions v Argentina at Dublin Arena. **1.00** PM Highlights of Western Force v British & Irish Lions.
2.00 **The Rugby Championship** Argentina v New Zealand replay.
4.00 **Lions Legends** Player profiles.
4.30 **The Rugby Championship** South Africa v Australia replay.
6.30 **Lions Legends** Player profiles.
7.00 **British and Irish Lions Tour** Queensland Reds v British & Irish Lions at Brisbane Stadium. **8.00** Highlights from NWS Waratahs v British & Irish Lions.
9.00 **The Rugby Championship** Argentina v New Zealand replay.
11.00 **Lions Legends** Player profiles.
11.30 **The Rugby Championship** South Africa v Australia replay.
1.30 AM **Lions Legends** Profiles.
2.00 **to 6.00** AM **British and Irish Lions Tour** Match highlights.

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **Ref Watch** Analysis.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 LIVE **US Open Tennis** Coverage of day one of the qualifying event for the Grand Slam, staged at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
8.00 LIVE **ATP Tennis** Coverage of day 12 of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio, featuring the final of the men's singles tournament. Jannik Sinner claimed a 7-6, 6-2 win over Frances Tiafoe in the showpiece match 12 months ago.
10.30 LIVE **WTA Tennis** Coverage of the Cincinnati Open women's singles final at Lindner Family Tennis Center in Mason, Ohio.
1.00 AM LIVE **WTA & ATP Tennis** Coverage from the latest events, including the WTA Monterrey Open, WTA Cleveland Open, and ATP Winston-Salem Open.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Tennis** The 2024 US Open.
9.00 **The Hundred Bitesize**
10.00 **PL Retro** West Ham United v Tottenham Hotspur from 2007.
12.00 NOON **The Hundred Bitesize**
1.00 PM **PDC Classics** Archive action.
2.00 **PL Greatest Games**
3.00 **Tennis** The 2024 US Open.
4.00 LIVE **US Open Tennis** Day one of the qualifying event for the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
2.00 AM **PL Greatest Games**
3.00 **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Cycling** Highlights of races.
9.00 **Saudi Masters Snooker**
11.00 **V8 Supercars Highlights** Action from the Ipswich Super 440.
1.00 PM **UTMB World Series Highlights** Eiger, Switzerland.
2.00 **Cycling** The third and final stage of the Women's Tour of Romandie. **3.00** Men's Cyclassics Hamburg. **4.00** The fourth and final stage of the Men's Tour of Czech Republic.
5.00 **MotoGP** Highlights of races at the Grand Prix of Austria in Spielberg.
8.30 **MotoGP Chequered Flag**
9.30 **Motocross World Championship** First MX2 race at Uddevalla circuit in Sweden. **10.15** The second MX2 race. **11.00** The first MXGP race. **11.45** The second MXGP race.
12.30 AM **UTMB World Series Highlights** Eiger, Switzerland.
1.30 **Onboard** The Ocean Race.
2.00 **Fishing: On the Bank**
3.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** A replay of Essendon Bombers v St Kilda Saints. **7.30** A chance to see Fremantle Dockers v Brisbane Lions. **9.00** Another chance to see Gold Coast Suns v GWS Giants. **10.30** Carlton v Port Adelaide. **12.00** NOON Another chance to see Hawthorn v Melbourne.
1.30 PM **Serie A** Juventus v Atalanta. **2.30** Fiorentina v Juventus. **3.30** Atalanta v Inter Milan.
4.30 **Formula E Flashback** A look at the 2021 Valencia Grand Prix.
5.00 **AFL** A replay of Essendon Bombers v St Kilda Saints.
6.30 **AFL** A replay of Fremantle Dockers v Brisbane Lions.
8.00 **AFL** Gold Coast Suns v GWS Giants.
9.30 **AFL** Carlton v Port Adelaide.
11.00 **AFL** Hawthorn v Melbourne.
12.30 AM **V8 Supercars Highlights**
2.30 **WNBA** Women's basketball.
3.30 **to 6.00** AM **UEFA Champions League – Classics**

Premier Sports 1

419 551

6.00 AM **MotorSport**
8.30 **PSA Squash Highlights**
9.30 **Scottish Rally Championship**
10.00 **Africa Eco Race**
11.00 **World Surf League**
12.00 NOON **Transworld Sport**
1.00 PM **DTM Highlights**
2.00 **FIM Sidecarcross** Germany.
3.00 **PSA Squash Highlights**
3.55 **LaLiga Specials** From 2023/24.
4.55 LIVE **Coppa Italia Hellas Verona v Avellino or Audace Cerignola.** Kick-off **5.00pm**.
7.15 **LaLiga** Football league action.
7.55 LIVE **LaLiga Elche v Real Betis.** Kick-off **8.00pm**.
10.00 **LaLiga Specials** From 2024/25.
10.30 **Football's Greatest**
11.00 **Scottish Rally Championship**
11.30 **Coppa Italia** Spezia v Sampdoria.
1.30 AM **Football's Greatest**
2.00 **Top 14 Rugby Union Hlts**
3.00 **MotorSport**
4.00 **LaLiga Specials**
5.00 **to 6.00** AM **MotorSport**

Premier Sports 2

420 552

6.00 AM **NASCAR** The Cook Out 400.
10.00 **GP Confidential** F1 news.
10.30 **FastZone** Motorsports highlights.
11.00 **NASCAR Trucks** The eero 250.
2.00 PM **Temples of Sport**
2.30 **GP Confidential** F1 news.
3.00 **Premier Sports Cup** Action from a second-round match.
5.00 **Premier Sports Cup** Action from a second-round match.
6.55 **Football's Greatest**
7.55 **LaLiga Specials**
8.10 LIVE **Coppa Italia Torino v Modena.** Coverage of the first-round match which is staged at Stadio Olimpico Grande Torino. Kick-off **8.15pm**.
10.30 **LaLiga Specials** From 2024/25.
11.00 **Football's Greatest**
11.30 **Coppa Italia** A rerun of Udinese v Carrarese.
1.30 AM **LaLiga Specials**
2.00 **LaLiga** Villarreal v Oviedo.
4.00 **Football's Greatest**
5.00 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Highlights of the 2018, 2019, 2022, 2023 and 2024 Canadian Grand Prix races.
11.00 **Brad Pitt Drives a McLaren**
11.15 **Carlos Sainz & The Lie Detector**
11.30 **Brad Pitt Hot Laps**
11.40 **Formula 1** The 2025 Canadian Grand Prix qualifying session.
1.55 PM **Ted's Notebook**
2.30 **Formula 1** Another chance to see the Canadian Grand Prix.
7.15 **Ted's Notebook**
7.45 **Alonso and Bortoleto IV**
8.00 **Lewis Hamilton: Why Heritage Matters** Documentary film.
8.30 **Formula 1** Canadian Grand Prix.
9.30 **Formula 1** Highlights of the 2024 Canadian Grand Prix.
10.30 **Formula 1** Highlights of the 2023 Canadian Grand Prix.
11.30 **Formula 1** Highlights of the 2022 Canadian Grand Prix.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

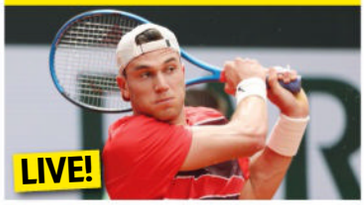
SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

19 August

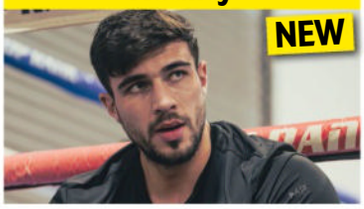
Evening Planner

Tennis



US Open
Sky Sports Main Event & Sky Sports Tennis, coverage from 4pm
Coverage of the new Mixed Doubles Championship at Flushing Meadows, NY.

Reality



Tommy: The Good. The Bad. The Fury.
BBC3, 9pm (box set, BBC iPlayer)
Following boxer Tommy Fury's progress as he prepares to return to the ring.

Documentary

History's Most Shocking
Sky History, 9pm
Some of the most alarming moments caught on camera – including an exploding whale and an alligator attack.

OnDemand

NETFLIX

America's Team: The Gambler and His Cowboys
Available today
Looking back at the Dallas Cowboys era during Jerry Jones' ownership.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 The Repair Shop		9.00 The Great British Sewing Bee		10.00 News; Local News	10.40 Billion...
	102 BBC2	◂ 6.00 The Hundred – Live: Trent Rockets Men v Manchester Originals Men (Start-time 6.30)					9.30 QI XL		10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Midsomer Murders				10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Big Pound Shop Swap		9.00 In Flight		10.00 Celebrity Gogglebox	
	105 5	7.00 Michael Portillo's Lisbon		8.00 Coastal Adventures with Helen, Jules...		9.00 Pompeii: Life in the City with Dan Snow		10.00 Murdered at First Sight	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Joe Lycett's United States of Birmingham		9.00 Rob & Romesh vs Magic in Vegas		10.00 Resident Alien	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Tommy: The Good. The Bad. The Fury		10.00 Film: Tenet	
	116 BBC4	7.00 Fred Dibnah's...	7.30 Handmade in...	8.00 The Good Life	8.30 Yes, Minister	9.00 Jasper Carrott...	9.30 The One Jasper Carrott		10.10 Jasper Carrott's: Back to the...
	118 ITV2	◂ 6.25 Deal or...	7.25 The Bachelor Australia			9.00 Sam and Billie: Sister Act		10.00 Botched	
	136 MORE4	◂ 6.55 Grand Designs		7.55 The Dog House		9.00 24 Hours in Police Custody: The Butcher of Suburbia			
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Sailing Yacht		9.00 Celebs Go Dating		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 The Rookie		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Gomorrah			
	110 U&GOLD		7.20 The Vicar of Dibley	8.00 Red Dwarf			9.15 The Vicar of Dibley		10.10 Not Going Out
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 Dave Gorman: Modern Life Is Goodish	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Agatha Christie's Poirot				10.00 Law & Order: UK	
	120 ITV4	7.00 The Motorbike Show		8.00 The Chase Celebrity Special		9.00 Hell's Kitchen		10.00 Film: First Blood	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jack Whitehall Gets Around		10.00 Film: Ted 2	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Joe Lycett's United States of Birmingham		9.00 Rob & Romesh vs Magic in Vegas		10.00 Resident Alien	
	109 U&ALIBI	7.00 Miss Scarlet		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Opry Live		8.00 Freddie Mercury: Auction Special		9.00 Jacqueline du Pré: Genius and Tragedy			
	132 U&W	7.00 MasterChef Australia			8.30 Inside the...	9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 Deadliest Catch		10.00 Gold Divers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Mountain Monsters	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hitler Youth				10.00 Lost Ships of WW2	
	123 SKY HISTORY	7.00 Forged in Fire				9.00 History's Most Shocking		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Simon Reeve's South America		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash			
	121 SKY DOCS	◂ 6.55 Burden of Proof: Who Killed Jennifer...		8.00 The Man Who Bought Cricket		9.00 My Mom Jayne			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.50 Kraven the Hunter		8.00 Sonic the Hedgehog 3				10.00 Saturday Night	
	302 FAVOURITES	◂ 5.35 The Great Gatsby		8.00 The Blind Side					10.10 Schindler's List
	303 HITS	◂ 5.50 Bad Boys for Life		8.00 Bad Boys: Ride or Die				10.00 Five Nights at Freddy's	
	304 GREATS	◂ 5.50 Superman II		8.00 Jaws 2				10.00 Robin Hood: Prince of Thieves	
	305 ANIMATION	◂ 5.40 Home	7.20 Monster House			8.55 Open Season 3			10.15 Noah's Ark
	306 FAMILY	◂ 6.00 Look Who's Talking	7.40 Look Who's Talking Too				9.10 Daddy Day Camp		
	307 ACTION	◂ 5.40 Fury		8.00 Fast & Furious 5					10.15 Terminator Salvation
	308 COMEDY	◂ 6.20 The Men Who Stare at Goats		8.00 Anyone But You				9.50 Blades of Glory	
	309 THRILLER	◂ 5.50 To Catch a Killer		8.00 Inferno					10.10 Snatch
	310 DRAMA	◂ 6.40 Boy Meets Boy		8.00 Eternal Sunshine of the Spotless Mind				10.00 Speak Like a Child	
	311 STAR TREK	◂ 6.55 Star Trek: Generations				8.55 Star Trek: First Contact			
	313 FILM4	◂ 6.55 My Best Friend's Wedding					9.10 American Gangster		
SPORT	401 MAIN EVENT	◂ 6.00 The Hundred – Live	7.45 EFL – Live: Walsall v Grimsby Town (Kick-off 8.00)						10.30 US Open...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.15 Netbusters
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Walsall v Grimsby Town (Kick-off 8.00)						10.30 EFL Cup...
	405 CRICKET	◂ 6.00 The Hundred – Live: Trent Rockets Men v Manchester Originals Men (Start-time 6.30)					9.30 The Hundred Bitesize		10.15 The Hundred
	410 TNT SPORTS 1		7.15 UEFA Champions...	7.45 UEFA Champions League – Live: Coverage of a play-off round first-leg match (Kick-off 8.00)				10.00 PL Reload	10.15 MotoGP Rewind
	411 TNT SPORTS 2	7.00 Onboard		7.45 UEFA Champions League – Live: Coverage of a play-off round first-leg match (Kick-off 8.00)				10.00 Fight Week	10.30 Cricket

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.15 **Homes Under the Hammer** New edition Featuring properties in Kent and Merseyside. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** A couple looking for a lifestyle change. (S)(R)
3.45 **The Bidding Room** Items include a Danish 1960s lampshade. (S)(R)
4.30 **The Answer Run** New edition Quiz hosted by Jason Manford. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Great British Sewing Bee

7.00 **The One Show** Clara Amfo and Roman Kemp present the topical show. (S)

7.30 **EastEnders** It is Kojo's birthday, and Harry is tasked with keeping him out of the flat. (S)(AD)

8.00 **The Repair Shop** New edition The team attempt to repair a large plush hound dog given to the Elvis fan club by the singer's manager Colonel Tom Parker, a Cypriot shepherd's bag and a 1980s sewing machine. (S)(AD)

9.00 **The Great British Sewing Bee** New edition 6/10. Sara Pascoe hosts Children's Week, with the contestants following a pattern for mini dungarees and making outfits inspired by what their young models want to be when they grow up. (S)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW TO BBC1 **Billion Dollar Playground** 1/8. Australian reality show about luxury service professionals working for wealthy clients. The team welcome guests to a $40 million mansion in Sydney's Rose Bay. *Previously shown on BBC3.* (S)(AD)
11.35 **Billion Dollar Playground** New edition 2/8. A surprise leadership change shifts the team's dynamic. (S)(AD)
12.20 AM **This Country** 1/7. Kerry faces financial difficulties. (S)(R)(AD)
12.50 2/7. Kurtan and Kerry go for a driving lesson. (S3) (S)(R)(AD)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)(AD)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: The Repair Shop on the Road** Glasgow Cathedral's weathervane gets a clean. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **Beechgrove Repotted** (S)(R)
2.45 LIVE **Cricket: The Hundred** Trent Rockets v Manchester Originals: Alex Hartley and Rick Edwards present coverage of the women's match from Trent Bridge, Nottingham. The Originals edged past the Rockets by just one run when the teams met at Old Trafford last year. With analysis from Alastair Cook, Steven Finn, Carlos Brathwaite and Tash Farrant. Start-time is at 3.00. (S)

6.00 Cricket: The Hundred

6.00 LIVE **Cricket: The Hundred** Trent Rockets v Manchester Originals: Alex Hartley and Rick Edwards present coverage of the mens' match from Trent Bridge, Nottingham. The Rockets claimed a one-run victory when the teams met at Old Trafford last year, with the help of Tom Banton's innings of 45 off just 22 balls. However, the Rockets still missed out on the play-offs, while the Originals struggled all season, picking up just one win as they finished seventh out of eight teams. With analysis from Alastair Cook, Steven Finn, Tash Farrant and Carlos Brathwaite. Start-time is at 6.30. (S)

9.30 **QI XL** Guests Bill Bailey, Jack Carroll and Olga Koch join regular panellist Alan Davies as Sandi Toksvig hosts the quiz with a difference, asking questions on the theme of rogue. (S)(R)

10.15 **Martin Fishback** Comedy starring Fergus Craig and Samantha Spiro. (S)(R)

10.30 **Newsnight** (S)

11.00 **Saving Lives at Sea** With Storm Eunice, and its 100 mph winds, battering the south coast, the Portsmouth crew have to decide whether they can even launch to a windsurfer in trouble. (S)(R)(AD)
12.00 M'T **VJ Day 80: We Were There** The war against Japan and the final months of World War Two. (S)(R)
1.00 AM **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
2.00 **Sign Zone: MasterChef** (S)(R)(AD)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Charlie Hedges, Luke Kempner and Jeremy Vine trying to win the £50,000 jackpot for their chosen good causes. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Aaron is fighting his guilt and decides the night before was just a one-off, Mack is hurt that Charity hasn't contacted him, and Gabby continues to try to persuade Vinny to report Kammy to the police. (S)(AD)

8.00 **Midsomer Murders** *The Debt of Lies:* Gated estate Challis Court is a tight-knit community for retired police officers, but when a new arrival is found dead, the other residents regard the murder as both an affront and a challenge. Barnaby investigates and realises that the killer is likely to be an ex-police officer too. Guest stars Tom Conti. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **The Rock** Action thriller starring Sean Connery and Nicolas Cage. An FBI chemical weapons expert and a convict try to break into Alcatraz to foil a disaffected US Marine general who has seized the island. (S)(AD) (1996, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Teleshopping**
3.00 **Under the Bridge** 6/8. Past and present wounds entwine as Rebecca and Cam's alliance is tested. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ninja Warrior UK** The final. (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** (S7&8) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 13-16/24. (S10) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From California. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Renovating a three-bedroom detached house in Wednesbury, West Midlands. (S)(R)
5.00 **Chateau DIY** Belinda and Lee clash over the lighting design for their gallery space. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A Glasgow couple seek their dream home in the sun that will work as a remote office. (S)(R)

9.00 In Flight

7.00 **News** (S)

8.00 **The Big Pound Shop Swap** New edition The Osbournes from the Midlands swap their regular luxury supermarket for shopping at a discount store, to compare the products and see how much they can save in a week. (S)(AD)

9.00 **In Flight** New episode 4/6. Dom warns Jo that Cormac is dangerous, but she ignores his advice and follows him, and a new witness comes forward in Sonny's defence. (S1) (S)(AD)
■ Continues tomorrow

10.00 **Celebrity Gogglebox** Famous faces appraise *Stranger Things*, *Love Island*, *How to Build a Sex Room*, *Long Lost Family* and BBC News coverage of Boris Johnson's resignation as PM. (S)(R)(AD)
11.05 **Murder in the Outback: The Falconio and Lees Mystery** 3&4/4. Documentary. (S)(R)(AD)
1.00 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.50 FILM **And Then We Danced** Georgian drama starring Levan Gelbakhiani. Partly subtitled. (S) (2019, 15, 110min) ★★★
3.40 **Location, Location, Location** (R)
4.35 **George Clarke's Amazing Spaces** A mountain-top retreat. (S)(R)(AD)
5.30 **Jamie's One-Pan Wonders** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Sherlock Bones: A K-9 Mystery** Crime drama starring Rachel Skarsten. Jazz Ramsey and her crime detection dog find an old crime scene. (S)(R)
3.45 **All Creatures Great and Small** 7/7. James and Helen leave a Christmas party to attend a dog in labour. (S1) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Rob and Dave Nicholson use sloes for artisanal chocolate. (S)(R)
6.55 **News** (S)

9.00 Pompeii: Life in the City

7.00 **Michael Portillo's Lisbon** Michael spends a weekend in Portugal's capital city, where he takes a tram through the city's medieval streets to the district of Alfama. (S)(R)
7.55 **News** (S)

8.00 **Coastal Adventures with Helen, Jules & JB** New edition In Anglesey, Jules Hudson explores the site of a 19th-century shipwreck near Moelfre, and JB Gill is introduced to beer brewed with oysters. (S)

9.00 **Pompeii: Life in the City with Dan Snow** Series finale 4/4. Dan and author Kate Lister explore the crime and violence of Pompeii, looking at the measures taken to protect the city's poshest houses. (S)

10.00 **Murdered at First Sight** New edition The case of 38-year-old Michelle Gunshon, who went missing in 2004 and still hasn't been found, despite her killer being identified. (S)

11.05 **Traffic Cops** A drink-driver who can barely stand up. (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Attack on Pearl Harbor: Declaration of War** (S)(R)
3.50 **Warship: Life at Sea** (S)(R)
4.40 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S4) (S)(R)
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary. (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 3/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Million Dollar Maybe:* Homer wins $1 million on the lottery, but keeps it a secret from his family. (S)(R)
5.30 *Bart Gets a Z:* Bart's mischief causes Mrs Krabappel to get fired from school. (S)(R)
6.00 *Boy Meets Curl:* Homer and Marge play for a curling team in the Winter Olympics. (S)(R)
6.30 *The Colour Yellow:* Lisa investigates her ancestry. (S)(R)

10.00 Resident Alien

7.00 **The Office (US)** *AARM – Part One:* 22/25. Jim hatches a scheme to derail Dwight's plan to run a no-nonsense branch. (S)(R)
7.30 *AARM – Part Two:* 23/25. Andy goes all out to nail his audition. (S9) (S)(R)

8.00 **Joe Lycett's United States of Birmingham** 1/4. The comedian visits cities in the US and Canada with the same name as his home town. His road trip begins in New Jersey and Pennsylvania. (S)(R)(AD)

9.00 **Rob & Romesh vs Magic in Vegas** Comedians Rob Beckett and Romesh Ranganathan are invited to join Penn & Teller's show in Las Vegas and have just three days to pull their act together. (S)(R)(AD)

10.00 **Resident Alien** New episode *The Lonely Man:* 2/10. Harry must work together with Asta to try to get something he desperately needs. (S4) (S)

11.00 **Brassic** 1/7. Vinnie and the gang realise there are only two ways to lift the FA Cup – win the final or steal the trophy. (S)(R)(AD)
12.00 M'T **Brassic** 2/7. The comedy jumps back in time to that night with Manolito. (S6) (S)(R)
1.00 AM **The Force: Manchester** (R)
2.00 **Road Wars** Vehicle crime. (R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 3/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R) **12.20am** Scotcast (S)(R) **12.50** This Country (S)(R)(AD) **1.20** This Country (S)(R)(AD) **1.50** Weather for the Week Ahead **1.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Crime I Can't Forget (S)(R) **11.30** Billion Dollar Playground (S)(R)(AD) **12.25am** Billion Dollar Playground (S)(R) **1.15-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Rewind: 60 Years of Welsh Pop – Newport (S)(R) **11.10** Billion Dollar Playground (S)(R)(AD) **12.05am** Billion Dollar Playground (S)(R)(AD) **12.50-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
8.00pm Tails from the Shelter New edition (S) **8.30** Vanished Wales (S)(R) **9.00** Born to Farm (S)(R) **9.30-10.00pm** Made in Mumbles (S)(R)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dau Gi Bach (AD) **12.30** Heno **1.00** Cledrau Coll **1.30** Cledrau Coll **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cefn Gwlad (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Môn **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Cartrefi Cymru **8.55** Newyddion **9.00** Gwesty Aduniad **10.00** Byd Eithafol: Neo-Nazis yn Ein Plith **11.00pm-12.05am** Busnes Bwyd

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** A prank-loving Roman emperor hosts a party. **7.30** A pirate steals a herd of seasick cows.
7.55 **The Catch Up**
8.00 **Top Gear** The team test drives muscle cars from San Francisco to Utah.
9.00 NEW SERIES **Tommy: The Good. The Bad. The Fury** 1/10. Documentary following boxer Tommy Fury's return to the ring. **9.30** New edition 2/10. Tommy's comeback fight gets called off. *See feature, page 20.*
■ Entire series on BBC iPlayer
10.00 FILM **Tenet** Christopher Nolan's thriller starring John David Washington. Fighting for the survival of the world, a troubleshooter journeys through a twilight world of international espionage. (2020, 12, 150min) ★★★★
12.25 AM **Top Gear**
1.25 **Eating with My Ex**
2.55 **to 3.55** AM **Tommy: The Good. The Bad. The Fury**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** Britain's bridges and tunnels.
7.30 **Handmade in Japan** The production of a kimono.
8.00 **The Good Life** Margo's windbreak causes problems for Tom and Barbara.
8.30 **Yes, Minister** Jim faces the unenviable task of shaking up government bureaucracy.
9.00 NEW **Jasper Carrott Remembers...** The comic looks back on his BBC shows.
9.30 **The One Jasper Carrott** The comedian performs stand-up, sketches and music.
10.10 **Jasper Carrott's: Back to the Front** A compilation of stand-up highlights.
11.10 **Wogan with Sue Lawley** With Jasper Carrott, Sheila Minto and Glen Campbell.
11.45 **Trials of Oscar Pistorius**
1.05 AM **Fred Dibnah's Magnificent Monuments**
1.35 **Handmade in Japan**
2.05 **to 3.05** AM **Vienna: Empire, Dynasty and Dream**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Merseyside.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** A couple try to decide whether to keep or sell their Maidenhead home.
6.55 **Grand Designs** Following an architect's project to build a house out of four 45ft shipping containers.
7.55 **The Dog House** Two very different puppies are offered to a couple and their two little girls, and a lurcher is potentially paired with a paramedic and his partner.
9.00 **24 Hours in Police Custody: The Butcher of Suburbia** 1/2. The inside story of the murder of a 74-year-old woman, and the macabre lengths the killer went to, to conceal her death.
10.00 **24 Hours In Police Custody: The Butcher of Suburbia** 2/2. A suspect in custody admits to the crime – but the confession is only the beginning.
11.05 **24 Hours in A&E** Double bill of the documentary.
1.15 AM **24 Hours in Police Custody: The Butcher of Suburbia** Double bill.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon** (S2)
11.00 **Modern Family** (S10)
12.00 NOON **The Big Bang Theory** 16-19/23. (S2)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Prince is caught in an awkward situation.
7.30 **The Simpsons** *The Old Man and the Lisa:* Lisa helps build a recycling centre.
8.00 **Below Deck Sailing Yacht** New edition Danni and Diana compete for the new deckhand's affection.
9.00 **Celebs Go Dating** New edition Louis comes clean to Liv about what happened on his date.
10.00 **First Dates** An international DJ gets to grips with the same-sex dating scene.
11.05 **Gogglebox**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **Celebs Go Dating**
3.30 **Below Deck Sailing Yacht**
4.15 **Young Sheldon** (S2)
5.00 **Modern Family** (S7)
5.25 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Tuesday primetime

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E: South Africa** Documentary.
10.00 **Brit Cops: Frontline Crime UK**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 21/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 21/22. The team track down a con artist turned murderer. (S3)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

10.00 FBI: Most Wanted

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Equalizer** *Legacy:* 10/18. McCall joins forces with master thief Jessie Cook to recover a valuable painting. (S2)

9 PM
9.00 **The Rookie** New episode *April Fools:* 12/18. An April Fools' Day prank on LAPD's social media leads to citywide chaos. (S7)

10 PM
10.00 **FBI: Most Wanted** New episode *Varsity Blues:* 2/22. The Fugitive Task Force hunt down a missing teenager. (S6)
11.00 **Bull** 4/22. (S6)
12.00 M'T **Law & Order: Organized Crime** 6/13. (S4)
1.00 AM **The Equalizer** 8/18. (S2)
2.00 **Fire Country** New episode
3.00 **The Cleaning Lady** 9/12. (S3)
4.00 **Paramedics Australia**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **True Blood** (S4)
10.10 **Six Feet Under** 8&8/12. (S4)
12.20 PM **Game of Thrones** (S1)
1.25 **Babylon Berlin** 5/12. Gereon embarks on a mission. **2.30** 6/12. Lotte makes a realisation about Vera. (S3)
3.35 **True Blood** 3/12. Sookie tries to take care of Eric. **4.40** 4/12. Alcide helps Sookie search for Eric. (S4)
5.45 **Six Feet Under** 8/12. Tension remains between Joe and Brenda. (S4)

9.00 Gomorrah

7 PM
6.50 **Six Feet Under** *Grinding the Corn:* 9/12. Edie ignores Claire's attempts to contact her. (S4)
7.55 **Game of Thrones** *The Kingsroad:* 2/10. Bran suffers another attempt on his life, and Tyrion accompanies Jon as he travels to the Wall. (S1)

8 PM

9 PM
9.00 **Gomorrah** 1/12. A power vacuum takes hold, leaving Genny needing to cover Pietro's death and take care of the streets.

10 PM
10.00 **Gomorrah** 2/12. Genny involves Gegè, his accountant, in his dirty businesses. Subtitled. (S3)
11.00 **The Sopranos** 10/13. Tony's henchmen kill a dealer. (S1)
12.05 AM **The Wire** 3/13. (S1)
1.10 **The Pacific** 4/10. (S1)
2.15 **Game of Thrones** As 7.55pm.
3.25 **In Treatment**
4.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **Magnum P.I.** 20/20. (S5)
9.00 **Stargate Atlantis** (S4)
11.00 **SEAL Team** 17/22. (S2)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** 8/21. (S14)
4.00 **S.W.A.T.** 3/22. (S6)
5.00 **SEAL Team** 16/22. Jason tries to find a way to pay for Emma's college fees. (S2)
6.00 **Stargate Atlantis** 1/20. The expedition becomes stranded in space after escaping an Asuran weapons satellite. (S4)

8.00 Joe Lycett's United...

7 PM
7.00 **Stargate Atlantis** *Lifeline:* 2/20. Sheppard plans a mission to obtain a power source for Atlantis from the Replicators. (S4)

8 PM
8.00 **Joe Lycett's United States of Birmingham** 1/4. The comedian visits US cities with the same name as his home town.

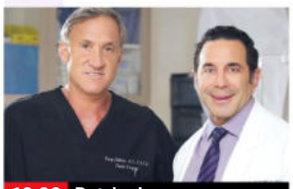
9 PM
9.00 **Rob & Romesh vs Magic in Vegas** Rob Beckett and Romesh Ranganathan are invited join Penn & Teller's show in Las Vegas.

10 PM
10.00 **Resident Alien** New episode *The Lonely Man:* 2/10. Harry must work together with Asta to try to get something he desperately needs. (S4)
11.00 **Brassic** 1&2/7. (S6)
1.00 AM **The Walking Dead: Dead City** 6/8. Maggie considers forming an alliance. (S2)
2.00 **Freddie Down Under**
3.00 **NCIS: Los Angeles** 8/21. (S14)
4.00 **S.W.A.T.** 3/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt...**
12.05 PM **Celebrity Dinner Date**
1.05 **Billie and Greg**
2.05 **The Only Way Is Essex**
3.05 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
5.55 **In for a Penny**
6.25 **Deal or No Deal**



10.00 Botched

7 PM
7.25 **The Bachelor Australia** New edition A cocktail party leads to an exit that no-one saw coming and a family feast reignites the tension between two Bachelorettes.

8 PM

9 PM
9.00 NEW SERIES **Sam and Billie: Sister Act** 1/6. Reality series following the lives of Sam Faiers and Billie Shepherd.

10 PM
10.00 **Botched** A woman with a rare inflammatory disease needs both Terry Dubrow and Paul Nassif's expertise.
11.00 **Family Guy** 20&15/20. (S16)
12.05 AM **American Dad!** (S13&12)
1.05 **Bob's Burgers** 19/22. (S11)
1.35 **Plebs** 8/8. Grumio discovers Indian food. (S3)
2.05 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *Snakes and Ladders.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.35 **Classic Coronation Street**
3.35 **Midsomer Murders** *Down Among the Dead Men:* Barnaby and Jones discover a murdered council clerk was an expert blackmailer.
5.50 **Heartbeat** *Sons and Lovers:* Nick is pestered by the sister of Aidensfield's landed gentry.

8.00 Agatha Christie's Poirot

7 PM
6.55 **Heartbeat** *Playing with Trains:* Nick investigates the link between trespassers on the local railway line and thefts from a factory.

8 PM
8.00 **Agatha Christie's Poirot** *The Labours of Hercules:* The sleuth falls victim to depression after failing to prevent the murder of a society girl, but the search for a mysteriously missing maid offers him the opportunity for redemption.

9 PM

10 PM
10.00 **Law & Order: UK** *Vice:* 3/7. A former vice cop is found beaten to death, setting Brooks and Devlin off on an investigation that takes them through London's underbelly. (S1)
11.00 **Law & Order: UK** 4/7. A body is found in a shallow grave by the Thames. (S1)
11.50 **Trigger Point** 3/6. (S2)
12.55 AM **Malpractice** 2/5. (S1)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Andrew O'Donnell and Mark Taylor embark on a sea kayak expedition.
8.00 **Island Crossings** A stranded dolphin needs urgent assistance.
9.00 **Murder Case: The Vanishing Cyclist** Series finale 2/2. Detectives make a vital breakthrough in the search for Tony Parsons.
10.00 **Darren McGarvey's Class Wars** 3/4. Darren examines the power imbalance that lies at the heart of social class.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Our Lives: Female Fishermen – Beyond the Buoys** Three women working as fishermen.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **The Conners** (S2)
10.00 **The Office (US)** (S9)
11.00 **Sex and the City** (S2)
12.20 PM **Girls** 1&2/10. (S5)
1.30 **Sex and the City** (S2)
2.35 **Girls** 3&4/10. (S5)
3.45 **The Office (US)** (S9)
5.00 **Will & Grace** (S1)
6.00 **The Conners** (S2)
7.00 **The Office (US)** (S9)
8.00 **Will & Grace** 3/22. The friends clash over decorating. **8.30** 4/22. Jack auditions for a one-man show. (S1)
9.00 **And Just Like That...** 12/12. *Sex and the City* revival starring Sarah Jessica Parker. (S3)
9.45 **Stewart Lee, Basic Lee: Live at the Lowry**
11.30 **Veep** 3&4/10. (S3)
12.50 AM **Enlightened** (S2)
2.00 **Divorce** 7&8/10. (S1)
3.15 **Somebody Somewhere**
4.25 **to 5.00** AM **How to Make It in America**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live: Classical Anthems**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering: Shirley MacLaine**
1.00 PM **Tales of the...**
2.00 **DH Lawrence: Sex, Exile and Greatness**
3.00 **Stories from Tate Britain**
4.00 **The Directors**
5.00 **Discovering: Charles Bronson**
6.00 **Tales of the Unexpected**
7.00 **Opry Live**
8.00 **Freddie Mercury: Auction Special**
9.00 **Jacqueline du Pré**
11.00 **The Art of Australia**
12.15 AM **The Pilgrimage of Gilbert & George**
2.15 **David Hockney in London** Documentary.
3.45 **Arts Uncovered**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** *The Dauphin:* 10/22. Wesley falls in love. (S2)
8.00 **Star Trek: Deep Space Nine** 20/26. (S3)
9.00 **FBI: Most Wanted** (S4)
10.00 **FBI: International** (S3)
11.00 **Grimm** 18/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Wheel of Fortune** Graham Norton hosts the game show.
3.00 **Tenable** Double bill of the quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Hayden takes on the ruthless Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Meg takes on the ruthless Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Wheel of Fortune** Graham Norton hosts.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 7/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 5&6/23. (S3)
12.00 NOON **Highway to Heaven** 2/24. (S2)
1.00 PM **Father Dowling Mysteries** 12/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 9&10/20. (S9)
9.00 **Randall and Hopkirk (Deceased)** *All Work and No Pay:* 3/26. Jeannie enlists the help of spiritualists. (S1)
10.00 **The New Avengers** *Sleeper:* 10/13. (S1)
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S9)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Minder**
7.20 **Kojak**
9.25 **Magnum, PI**
11.30 **Giant Lobster Hunters**
12.25 PM **The Memoirs of Sherlock Holmes** Drama.
1.40 **Kojak**
3.45 **Magnum, PI** *One More Summer:* Thomas tries to protect an old college friend. **4.55** *Texas Lightning.*
5.55 **Minder** *How to Succeed in Business Without Really Retiring.*

10.00 First Blood

7.00 **The Motorbike Show** Henry Cole visits the Isle of Man, the spiritual home of motorcycle racing, and drops in to the Ace Cafe.
8.00 **The Chase Celebrity Special** With Toby Anstis, Paula Radcliffe, Vanessa Feltz and Rav Wilding.
9.00 **Hell's Kitchen** Both teams are tasked at serving breakfast for a group of first responders, firefighters and EMTs.
10.00 FILM **First Blood** Action adventure with Sylvester Stallone. Vietnam veteran John Rambo runs foul of some small-town cops and triggers off a full-scale manhunt. (1982, 15, 93min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **Wrestling: AEW Collision**
1.50 AM **Minder** As 5.55pm.
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 7/20. (S1)
2.00 **Primeval** 1/10. (S3)
3.00 **Stargate Atlantis** 11/20. (S3)
4.00 **Star Trek: Voyager** 17/26. (S7)
5.00 **Star Trek: Deep Space Nine** 7/20. Dax returns from a mission with a stowaway. (S1)
6.00 **Star Trek: Enterprise** 21/22. Archer and the crew attempt to stop Paxton. (S4)

7.00 Primeval

7.00 **Primeval** 1/10. Cutter and his team battle a creature that has broken through an anomaly at the British Museum. (S3)
8.00 **Stargate Atlantis** *The Return – Part Two:* 11/20. Jack O'Neill is taken prisoner during an Asuran assault. (S3)
9.00 **The Leftovers** *Don't Be Ridiculous:* 2/8. Nora travels to St Louis to investigate a scam. (S3)
10.00 **The Walking Dead** *On the Inside:* 6/24. Connie and Virgil hide in a house occupied by mysterious creatures. (S11)
11.00 **Wynonna Earp** 8/12. Wynonna and Waverly have a Halloween they will never forget as Rotton Jack terrorises them. **11.50** 9/12. Murder and mayhem ensue when the town hosts a quiz night. (S4)
12.40 AM **Westworld** 1&2/10. (S2)
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 21/23. (S1)
11.00 **Hudson & Rex** 11/20. (S5)
12.00 NOON **Miss Scarlet** 3/6. (S5)
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 21/23. (S1)
5.00 **Hudson & Rex** 11/20. Rex finds a body during Charlie and Sarah's romantic weekend getaway. (S5)
6.00 **Father Brown** *The Father, The Son:* Flambeau is stunned to find his father at St Mary's.

8.00 Death in Paradise

7.00 **Miss Scarlet** *The Thames Reaper:* 3/6. A notorious serial killer is on the loose. (S5)
8.00 **Death in Paradise** *Flames of Love:* 8/8. A student backpacker is found dead with a gun in her hand. (S5)
9.00 **Death in Paradise** *Murder on Mosquito Island:* 6/8. The leader of a desert island survival course is found dead. (S9)
10.00 **Father Brown** *The Cat of Mastigatus:* Father Brown investigates way when a girl is left for dead at a boys' school fête.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 12/14. An old adversary challenges Neal to create a forgery of a bottle of wine supposedly once owned by Benjamin Franklin. (S1)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.40 **Last of the Summer Wine**
10.00 **Are You Being Served?**
10.40 **Porridge**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **I Didn't Know You Cared**
2.00 **Dad's Army**
2.40 **Porridge**
3.20 **Last of the Summer Wine**
4.40 **dinnerladies**
5.20 **Are You Being Served?**
6.00 **Dad's Army**
6.40 **Porridge**

6.40 Porridge

7.20 **The Vicar of Dibley** Geraldine to transforms the church into an ark and hold a service for the animals of the village.
8.00 **Red Dwarf** Lister's quest for a vindaloo takes him to Dallas in 1963. **8.35** Rimmer's alter ego returns to the *Starbug* suffering from fatal injuries.
9.15 **The Vicar of Dibley** Christmas special of the sitcom from 1997. Geraldine plays Cupid in her efforts to bring Alice and Hugo together.
10.10 **Not Going Out** First episode of the sitcom. **10.50** A death brings Tim and Kate closer.
11.30 **The Office** David becomes a motivational speaker.
12.10 AM **The Vicar of Dibley**
1.05 **Not Going Out** Double bill.
2.25 **The Office** As 11.30pm.
2.55 **Here We Go**
3.30 **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Train Truckers**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Train Truckers**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** Rick goes foraging for mussels. **5.30** Rick meets a sea shanty group with a difference.
6.00 **Hairy Bikers' Best of British** The due look at French influence on British food.

5.00 Rick Stein's Cornwall

7.00 **Would I Lie to You?** With Victoria Coren Mitchell, Rhod Gilbert, Mackenzie Crook and Chris Packham. **7.40** **Richard Osman's House of Games** With Denise Lewis and Isy Suttie. **8.20** Contestants include Sara Barron and Rickie Haywood-Williams.
9.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical current affairs quiz, with guests Heidi Allen and Phil Wang.
10.00 **Dave Gorman: Modern Life Is Goodish** Dave discusses nature's warning signs and whether they can be trusted today.
11.00 **Taskmaster** Ed Gamble gets reckless with a frying pan, and Katy Wix asks for a pencil.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Hate Thy Neighbour**
2.55 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Tuesday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Kirstie and Phil's Love It or List It**
8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** Projects involving fixing properties' problematic floorplans.
9.00 **Gogglebox** Opinions on *Britain's Got Talent*, *Baby Reindeer* and *Red Eye*.
10.00 **24 Hours in A&E** An 80-year-old man who fell out of bed may have incurred brain injuries.
11.05 **Celebrity SAS: Who Dares Wins** Double bill.
1.05 AM **Gogglebox**
2.05 **Ramsay's Kitchen Nightmares USA**
3.00 **Crime Scene Cleaners**
4.00 **to 5.00** AM **Kirstie and Phil's Love It or List It**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 15-17/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Code of Conduct:* 5/24. A prank-loving Marine is found dead on Halloween. **7.00** *Outlaws and In-Laws:* 6/24. Gibbs's mentor is linked to a double murder. **8.00** *Endgame:* 7/24. A vengeful female assassin threatens Vance's family. (S7)
9.00 **Criminal Minds: Evolution** New episode *Oedipus Wrecks:* 5/22. The BAU take on a case involving young DC socialites bitten by a sadistic UnSub. (S16)
10.00 **Law & Order: Special Victims Unit** (S17&18)
11.55 **The Resident** (S4&5)
1.50 **Person of Interest** (S2)
2.45 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition**
10.00 **A&E After Dark**
11.00 **999: Emergency Call Out** Documentary.
12.00 M'T **Fare Dodgers: At War with the Law**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Police Interceptors**
3.30 **Home and Away**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Highway Patrol**
9.40 **Trucking Hell**
10.40 **Traffic Cops**
11.40 **Police Interceptors**
1.45 PM FILM **Beyond the Law** Spaghetti Western starring Lee Van Cleef and Antonio Sabato. (1968, 12, 90min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Andy deals with criminal damage at a house party. **7.00** The team has their hands full when a raid reveals a crowbar-wielding suspect. **8.00** A motorist causes chaos after crashing into a gas main.
9.00 **The Motorway**
10.00 **Police: Night Shift 999**
11.00 **MacGyver** 12/21. (S1)
12.00 M'T **Behind Bars: World's Toughest Prisons**
1.05 AM **Warship: Life at Sea**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The cooks have 75 minutes and access to an open pantry to present a dish with an element of tableside theatre.
8.30 **Inside the Ambulance** Paramedics Mick and Rachel help a young man who has hurt his back.
9.00 **One Born Every Minute** Double bill.
11.00 **Multiple Birth Wards**
1.00 AM **Death at the Mansion: Rebecca Zahau** Documentary.
1.55 **to 3.00** AM **Louis Theroux's Forbidden America**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.40 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **Tenko**
3.05 **The Doctor Blake Mysteries** 5/8. (S3)
4.05 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.35 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *The Wood Beyond:* Wield and Dalziel investigate a raid by animal rights activists on a pharmaceutical company. Guest stars Frances Barber.
10.00 **New Tricks**
11.20 **Spooks** 4/10. (S5)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Waiting for God**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** French Riviera.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** A couple are overwhelmed by inherited heirlooms.
6.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Who Do You Think You Are?** Radio presenter Dev Griffin learns about his Irish and Jamaican ancestry.
10.00 **Alex Polizzi: The Fixer**
11.30 **The Hotel Inspector**
12.30 AM **Help! My House Is Haunted** A house in Essex that once used to hold suspected witches.
1.30 **Ghost Bait**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire?** Quiz.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room** Items include a train set and aretro coat stand.
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **Cops Uncut**
9.00 **Wanted: Dead or Alive**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Tombstone Territory** As 6.00pm.
1.00 PM **FILM The Tall T** Western. (1957, PG) ★★
2.55 **FILM American Outlaws** Western starring Colin Farrell and Scott Caan. (2001, 12, 94min) ★
5.00 **Wanted: Dead or Alive**
6.00 **Tombstone Territory**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM The Ballad of Lefty Brown** Western starring Bill Pullman. (2017, 15, 111min) ★★★
11.20 **FILM Big Kill** Western starring Jason Patric. (2019, 15, 126min) ★★
1.55 AM **FILM Meteor Storm** Sci-fi action drama. (2010, 12, 90min) ★
3.50 **to 5.00** AM **Cops Uncut**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7** Documentary.
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: Pandora Box Murders** Drama. (2018, PG, 90min) ★★
1.00 PM **FILM Labour, Lies and Murder** Thriller. (2022, U, 85min) ★★
2.55 **FILM Her Final Bow** Thriller. (2017, PG) ★★
5.00 **FILM My Baby Gone** Thriller. (2017, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM 6 Below: Miracle on the Mountain** Adventure. (2016, 12, 98min) ★★★
11.05 **FILM Text to Kill** Drama. (2015, 12, 83min) ★★
1.10 AM **FILM Web of Lies** Thriller. (2009, 12) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM The Narcissist** Thriller. (2019, 12, 90min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Love at First Glance** Romantic drama. (2017, PG, 82min) ★★
10.05 **FILM Bottled with Love** Drama. (2019, PG) ★★
12.05 PM **FILM Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
2.00 **FILM Hometown Hero** Romantic drama. (2016, PG, 90min) ★★
4.00 **FILM Team Bride** Romantic drama. (2023, U, 91min) ★★
5.55 **FILM BFF Bride** Drama. (2019, PG, 77min) ★★
8.00 **FILM PREMIERE Sister Dating Swap** Comedy starring Lauren Collins. (2023, PG, 89min) ★★
9.55 **FILM A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
11.50 **FILM Tell Me I Love You** Romantic comedy. (2020, PG, 78min) ★★
1.50 **to 5.00** AM **Highway to Heaven**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Thick as Thieves**
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **FILM Prisoners of the Lost Universe** Sci-fi. (1983, 15, 90min) ★★
2.45 **Auto Rewind**
3.00 **Mapp and Lucia** (S1)
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 6/7. (S1)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S4)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of...**
9.00 **Bramwell** 10/10. (S3)
10.00 **Game On** 6/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM Angels Hard as They Come** Thriller. (1971, 18, 85min) ★★
1.50 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Harsh conditions cause havoc.
1.00 PM **Yukon Men**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sig races to offload his tanks before losing half a million dollars in crab. **8.00** Mandy takes her first shift in heavy seas.
9.00 **Outback Opal Hunters** The Misfits battle to treat 150kg of matrix opal. **10.00** Oscar sends The Cheals on an important mission to unearth a rare gemstone.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Tom Kerridge's American Feast**
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Veg**
10.00 **The Hairy Bikers'...**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Veg**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Jamie's Easy Meals for Every Day** New editions
10.00 **James Martin's Great...**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 6/24. (S8)
9.00 **The Fall Guy** 5/22. (S3)
10.00 **Knight Rider** 19/22. (S4)
11.00 **FILM Airplane vs Volcano** Disaster drama. (2014, 15, 91min) ★
1.00 PM **FILM A Study in Terror** Thriller. (1965, 15, 91min) ★★★
3.00 **FILM The Curse of the Werewolf** Horror. (1961, 12, 92min) ★★★
5.00 **Star Trek** 20/24. (S3)
6.00 **Knight Rider** 20/22. (S4)
7.00 **The Fall Guy** 6/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Rules of Engagement** Thriller. (2000, 15, 128min) ★★
11.30 **FILM Reasonable Doubt** Crime thriller. (2013, 15, 91min) ★★★
1.20 AM **FILM Fear is the Key** Action thriller. (1972, 15, 108min) ★
3.25 **to 5.00** AM **FILM Night Drive** Thriller. (2019, 18, 82min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Magma: Volcanic Disaster**
8.00 **MacShayne: Winner Takes All** Crime drama.
10.00 **Andromeda** 3/22. (S1)
11.00 **FILM The Shape of Things to Come** Sci-fi adaptation of the HG Wells novel. (1979, 15, 94min) ★
1.00 PM **MacShayne: Final Roll of the Dice** Drama.
3.00 **Andromeda** 3/22. (S1)
4.00 **The A-Team** 21/23. (S4)
5.00 **FILM Magma: Volcanic Disaster** Disaster drama. (2006, PG, 87min) ★★
7.00 **Andromeda** 4/22. (S1)
8.00 **The A-Team** 22/23. (S4)
9.00 **FILM Hidden Agenda** Action thriller starring Dolph Lundgren. (2001, 18, 91min) ★★
10.55 **FILM A Certain Justice** Action adventure. (2014, 15, 96min) ★★
1.00 **to 3.00** AM **FILM Hidden Agenda** (2001)

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **Evidence of the...**
11.10 **Weird or What?**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **MonsterQuest**
11.00 **NEW On the Trail of Bigfoot** Documentary.
12.40 AM **National Park Mysteries** A trip to Mark Twain National Forest.
1.00 **Evil Encounters**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** New Zealand.
12.00 NOON **Our Family Farm Rescue with Adam Henson**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Ben meets a Buddhist monk deep into the jungle mountains of Thailand.
9.00 **Drain the Oceans** The discovery of a wreck in the Baltic Sea leads to a treasure hunt.
10.00 **Nazi Megastructures**
11.00 **Prisoner: Cell Block H**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream...**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Rico to the Rescue** New edition Rico León looks to mend both a home and the soured relationship between a firefighter and his friend.
10.00 **Battle on the Beach** New edition The finale.
11.30 **Beach Hunters**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Cheapskates** Double bill.
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper**
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
4.00 **Outdaughtered**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Curvy Brides Boutique**
8.00 **The Bad Skin Clinic**
9.00 **My Strange Addiction**
10.00 **My Feet Are Killing Me**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **My Feet Are Killing Me**
3.00 **Body Bizarre**
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 9-12/24. (S6)
1.00 PM **Last Man Standing**
1.30 **Friends** (S8&9)
9.00 **Jack Whitehall Gets Around** A 2014 stand-up performance at Wembley Arena.
10.00 **FILM Ted 2** Offbeat comedy sequel starring Mark Wahlberg and Amanda Seyfried, and, featuring the voice of Seth MacFarlane. (2015, 15, 112min) ★★★
12.15 AM **Whose Line Is It Anyway? USA**
1.45 **Broad City** (S4)
2.45 **Important Things with Demetri Martin**
3.10 **Jack Whitehall Gets Around** As 9.00pm.
3.55 **The Pep Talk**
4.00 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 4&5/13. (S4)
10.55 **Friends** (S9&10)
1.05 PM **Impractical Jokers**
2.00 **Daria** 6&7/13. (S4)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S7)
7.00 **Everybody Loves Raymond** (S6)
9.00 **New Girl** 19/22. Aly tells Winston a secret. **9.30** 20/22. Jess avoids her feelings for Nick. (S6)
10.00 **Friends** (S8)
1.00 AM **Beavis and Butt-Head** (S7)
2.00 **Key & Peele** (S3)
3.00 **Whose Line Is It Anyway? USA**
3.45 **The Alternative Comedy Experience**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with...**
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
10.30 **Nothing to Declare**
12.00 NOON **Blood & Treasure**
2.00 PM **The Force: Manchester**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
4.30 **Nothing to Declare**
6.00 **Blood & Treasure**
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **SurrealEstate** (S2)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Loch Ness to London**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: Scammed**
9.00 **Catfish: Wannabees**
10.00 **Catfish: On the Run**
11.00 **Catfish: The TV Show**
5.00 PM **Catfish: Scammed**
6.00 **Dallas Cowboys Cheerleaders**
7.00 **Laguna Beach: The Real Orange County**
8.00 **Car Crash Couples**
9.00 **Badass Brides**
10.00 **Geordie Shore: The Reunion Series** New edition
11.00 **Ink Master Redemption** New edition
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Railroad Alaska**
9.00 **Dual Survival**
11.00 **Kindig Customs**
1.00 PM **Gold Divers**
3.00 **Gold Rush** Rick moves Monster Red to Vegas Valley. **4.00** Tony asks Cousin Mike to fire up a new plant.
5.00 **Building Off the Grid** Creating a floating home.
6.00 **Baggage Battles** The bidders head to an auction in Denver. **6.30** The auction specialists head to Normandy.

9.00 Deadliest Catch

7.00 Wheeler Dealers World Tour Mike and Elvis build a tribute to Paddy Hopkirk's Monte Carlo Rally winning Mini Cooper.

8.00 Roadworthy Rescues Dave Chappelle helps Derek to revitalise a Jeep J2000 that is sat among a field of neglected Jeeps.

9.00 Deadliest Catch New edition A typhoon brings huge waves and high winds. John makes a risky harbour entrance.

10.00 Gold Divers New edition Following teams of gold dredgers as they brave the Bering Sea.

11.00 **Gold Divers** New edition Documentary following teams of gold dredgers as they brave the Bering Sea.
12.00 M'T **Moonshiners**
1.00 AM **Deadliest Catch**
2.00 **Gold Divers**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Predators Up Close with Joel Lambert** Polar bears.
10.00 **Tanked** With Adrian Peterson.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Jungle Shark**
4.00 **Sharks Among Us**
5.00 **Lone Star Law**
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff attends a shelter to help the pets of homeless and disadvantaged owners.

8.00 Guardians of the Glades

7.00 Treehouse Masters Pete and his crew create an owl-inspired treehouse library in North Carolina.

8.00 Guardians of the Glades The python invasion threatens to spread beyond Florida.

9.00 Alaska: The Last Frontier A father-son shrimping trip takes a deadly turn after an encounter with a colossal calving glacier.

10.00 Mountain Monsters After their discovery in West Virginia, the team continue their search for the truth about the Waya Woman.

11.00 **Pit Bulls & Parolees** Tia presents a behind-the-scenes look at some of her favourite rescues and adoptions.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Amsterdam Central 24/7**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **The Lost Tomb of Alexander the Great**
1.00 PM **Genghis Khan: The Secret History of the Mongols**
2.00 **Hitler's Last Stand**
4.00 **Construction Fails** A ship breaks a Baltimore bridge.
5.00 **Car S.O.S** A Ford Mondeo.
6.00 **Hitler's Last Stand** A small group of US soldiers must capture a vital enemy fort.

8.00 Hitler Youth

7.00 Air Crash Investigation A plane explodes over France's Quiberon Bay, but there is still no clear cause for the disaster.

8.00 Hitler Youth 1/2. The story of the Nazi youth organisation, used to indoctrinate German boys in the 1930s.

9.00 Hitler Youth 2/2. A look at the expansion of the organisation in the build-up to war.

10.00 Lost Ships of WW2 A search for four Allied cruisers that went down in flames in one night.

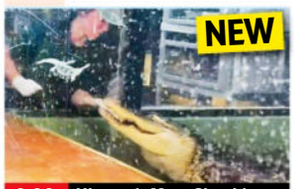
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned**
2.30 **Money Meltdown**
3.20 **Food Factory USA**
3.45 **Food Factory**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **History's Most Shocking**
2.00 **History's Greatest Mysteries**
3.00 **Ancient Murders Unearthed**
5.00 **Contraband: Seized at Sea** Agents hunt for boat thieves behind a recent spate of thefts.
6.00 **American Pickers** The Wolfe brothers view a collection of classic cars in San Francisco.



9.00 History's Most Shocking

7.00 Forged in Fire Four teams of expert builders are tasked with making some of the largest and most notorious siege weapons ever seen on the battlefield.

8.00

9.00 NEW SERIES **History's Most Shocking** Footage of real-life events, including an exploding whale and a disaster at Dallas Airshow.

10.00 History's Greatest Mysteries New edition The fate of Nikola Tesla's papers that disappeared following his death.

11.00 **The UnBelievable with Dan Aykroyd** Stories concerning so-called superhumans.
12.00 M'T **Evil Encounters** Investigating devil worship in Ohio and North Carolina.
12.55 AM **The Proof Is Out There**
1.50 **History's Most Shocking**
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **Nazi Hunters** As 4.00pm.
11.00 **War Factories** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Nazi Hunters** The story of the US army task force in charge of locating German scientists.
5.00 **War Factories** The production of Volkswagen cars.
6.00 **Antiques Roadshow** From the Royal Marines Museum in Southsea near Portsmouth.

11.00 Billy Connolly Does...

7.00 Simon Reeve's South America The adventurer visits Peru and Bolivia, beginning at the famous ruins of Machu Pichu.

8.00 Bangers & Cash: Restoring Classics The team purchase a 1972 VW Fastback and pick up a 40-year-old police bike.

9.00 Bangers & Cash Dave makes his way to Nottinghamshire to collect a Mark 1 Capri and a 2 litre Ghia Cortina.

10.00 Bangers & Cash Dave collects a Ford Fiesta XR2i that has not moved from a garage for 21 years

11.00 **Billy Connolly Does...** Billy talks about his love of nature.
12.00 M'T **Bangers & Cash: Restoring Classics** Derek thinks a 29,000-mile Ford Capri should be kept original.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1hour 255 329

Tuesday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Yorkshire Auction House**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Mike Brewer: Born Dealer** A visit to Poland.
9.00 **Johnny Vegas' Little Shop of Antiques** New edition Johnny salvages parts from a plane to make furniture.
10.00 **Celebrity Yorkshire Auction House**
11.00 **How Do They Do It?**
1.00 AM **Fifth Gear Recharged** Double bill.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories** Michelle Stewart and David Irwin.
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **10 Steps to Murder**
8.00 **Murder on CCTV**
9.00 **Fatal Destination** New edition
10.00 **Forensic Factor: A New Era**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Zilpha Lowery.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A series of seemingly random shootings terrorise the city of East Point, Georgia.
8.00 **Killers: Caught on Camera** An elusive killer leaves a trail in blood and phone data.
9.00 **Murder: First on Scene** The body of a woman is found at the end of a cul-de-sac.
10.00 **Prosecuting Evil with Kelly Siegler** A worldwide manhunt finally tracks down a killer.
11.00 **The Truth About My Murder** Double bill.
1.00 AM **Murder: First on Scene** As 9.00pm.
2.00 **Prosecuting Evil with Kelly Siegler**
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
2.00 PM **Evidence of Evil**
4.00 **Medical Detectives** A woman is found dead in bed with a gun and suicide notes close by. **4.30** Investigators piece together fragments of a computer disc to find a woman's murderer. **5.00** A man is killed by a bomb and investigators hone in on the suspect. **5.30** Investigating a murder staged to look like an accident. **6.00** Police find the body of a missing boy. **6.30** When police arrive at the scene of a car accident, the mess they find leads them to suspect foul play.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That Shocked the Nation**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That Shocked...**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Real Manhunter**
11.00 **Who Killed Jill Halliburton Su?**
12.05 AM **Killing Mum and Dad**
1.05 **Murders That Shocked...**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Verdun: The Battle of the Great War**
9.50 **Digging Up Britain's Past** Documentary.
10.50 **WW2: Battle of Crete**
11.55 **Jungle War**
1.00 PM **75 Years of Nato: New Challenges and Chances** Documentary.
2.10 **Verdun: The Battle of the Great War**
3.15 **Digging Up Britain's Past** Documentary.
4.15 **WW2: Battle of Crete**
5.25 **Jungle War**
6.35 **Verdun: The Battle of the Great War**
7.40 **Digging Up Britain's Past** Documentary.
8.40 **WW2: Battle of Crete**
9.50 **Jungle War**
10.55 **Digging Up Britain's Past** Documentary.
12.00 M'T **WW2: Battle of Crete** Documentary.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Tom Hanks**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Janet Jackson**
10.55 **Burden of Proof: Who Killed Jennifer Pandos?**
12.00 NOON **Mrs Robinson**
2.00 PM **FILM Man on Wire** Documentary. (2007, 12) ★★★★
4.00 **Discovering: Tom Hanks**
5.00 **The Directors**
6.00 **The Sixties**
6.55 **Burden of Proof: Who Killed Jennifer Pandos?** 2/4.
8.00 **The Man Who Bought Cricket** 1/3. The story of financial fraudster Allen Stanford.
9.00 **My Mom Jayne** Mariska Hargitay explores the life of her mother Jayne Mansfield.
11.00 **Elizabeth Taylor: The Lost Tapes** A profile of the actor.
1.00 AM **100 Foot Wave**
2.00 **Seve** The story of golfer Severiano Ballesteros.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Tom Hanks**

Sky Nature

145 113/114 189 354 369

6.00 AM **Cub Camp**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Wild Animal Babies**
10.00 **Jaguar Journals**
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary.
12.00 NOON **Reef Wrecks**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Wild Animal Babies**
4.00 **Jaguar Journals**
5.00 **Island of the Monsoon**
6.00 **Reef Wrecks**
7.00 **Monkey Life** Double bill.
8.00 **Strange Creatures**
9.00 **Age of the Big Cats** The stories of the puma and the leopard.
10.00 **Reef Wrecks**
11.00 **Island of the Monsoon**
12.00 M'T **Ningaloo: Australia's Ocean Wonder**
1.00 AM **Cub Camp**
2.00 **Strange Creatures**
3.00 **Age of the Big Cats**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Wild Animal Babies**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Great Escapes with Morgan Freeman**
9.00 **Digging Up Britain's Past**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Great Escapes with Morgan Freeman**
2.00 **Digging Up Britain's Past**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **Lost Worlds**
6.00 **Storm Stories**
7.00 **What on Earth?** An abandoned ghost town.
8.00 **Alien Files Reopened** Strange UFO phenomenon witnessed by former Navy fighter pilot Lt Ryan Graves.
9.00 **Hitler's Engineers** The support Hitler gave to car designer Ferdinand Porsche.
10.00 **Ross Kemp: Mafia and Britain**
11.00 **Strange Evidence**
12.00 M'T **Ancient Aliens**
2.00 AM **Hitler's Engineers**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Exhumed**
1.00 PM **Murder By Medic**
2.00 **Judge Rinder's Crime Stories**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Robbie Coltrane's Critical Evidence** Joe Kappen.
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **Last Night Out** New edition
10.00 **The Real Murders of Atlanta** New edition Documentary.
11.00 **Accused: Did I Do It?**
12.00 M'T **Murder By Medic**
1.00 AM **Last Night Out**
2.00 **The Real Murders of Atlanta**
3.00 **Exhumed: Killer Revealed**
4.00 **Robbie Coltrane's Critical Evidence** Joe Kappen.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Last of the Giants: Wild Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Wild Mississippi**
3.00 **America's National Parks**
4.00 **Secrets of the Zoo: North Carolina**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** New deer fawn babies are born.
8.00 **Fish Tank Kings** The team are asked to build a tank for a casino in the Bahamas.
9.00 **The Hummingbird Effect** The hummingbirds of Costa Rica.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Cyril and his team collect DNA samples.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Salvaging the Kursk**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Salvaging the Kursk** The efforts to recover the Russian nuclear submarine from the seabed following the tragedy in 2000 that claimed the lives of all 118 crew members.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **The 1980s: The Deadliest Decade** The story of the 1987 murders of Judge Vincent Sherry and his wife Margaret.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
7.00 **999 Rescue Squad** A fire breaks out in a haulage depot in Brighouse, and a serious accident at an illegal off-road biking site leads to a rider needing hospital treatment. **8.00** A DIY enthusiast's attempts to fix the heating in his chilly home end in disaster, and a skier falls over on a steep slope and suffers a suspected brain injury in Wakefield. **9.00** Paramedic Kim climbs into a crushed car balanced over a fast-flowing river, and a man plunges from a bridge onto a busy rail line. **10.00** A teenager is found with multiple stab wounds in the street near his home. **11.00** The team treat a lorry driver trapped behind his twisted steering wheel.
12.00 M'T **999 Rescue Squad**
5.20 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married to Evil**
9.00 **A Killer's Mistake**
11.00 **The Perfect Murder**
1.00 PM **Who Killed Jane Doe?**
3.00 **Home Sweet Homicide**
5.00 **Living a Nightmare**
7.00 **Murder Chose Me** Recounting how a weekly game of dominoes at a tyre retailer turned deadly when armed men burst in. **8.00** An early case for Detective Rod Demery in which a mechanic was found dead with a bullet wound to the head.
9.00 **Mother, May I Murder?** The heir-apparent to a Colorado ranch suddenly disappears.
10.00 **Evil Lives Here** Years after Terry Patzer escaped her ex-husband Russell, police discover his house of horrors, bringing back nine years of horrific memories.
11.00 **Devil in Suburbia** A family are murdered in their home.
12.00 M'T **Murder Comes Home**
2.00 AM **Living a Nightmare**
4.00 **to 6.00** AM **Murder Chose Me**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Engine Addict with Jimmy de Ville** Jimmy heads to Austria on the hunt for the KTM 125 SX.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Big** The presenter explores the Kölnbrein Dam in Austria.
10.00 **Bad Chad Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Trans Am**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Mountain** As 5am.
7.40 **The Sloth Lane** Animated adventure. (2024, PG, 90min)
9.15 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
12.00 NOON **Sonic the Hedgehog 3**
2.00 PM **Saturday Night** As 10pm.
4.00 **Rumours** Horror comedy starring Cate Blanchett. (2024, 15, 104min) ★★★
5.50 **Kraven the Hunter** Fantasy starring Aaron Taylor-Johnson. (2024, 15, 127min) ★★★

8.00 Sonic the Hedgehog 3

8.00 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Saturday Night Comedy drama starring Gabriel LaBelle. During the build-up to the first broadcast of *Saturday Night Live*, comedians and writers prepare to change TV forever. (2024, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **September 5** Thriller. (2024, 15, 95min) ★★★★
1.30 AM **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
3.15 **Long Gone Heroes** Action thriller. (2024, 15, 101min)
5.00 **to 6.40** AM **The Mountain** Comedy. (2024, PG) ★★★★

Sky Cinema Hits

303 303 403 503 517

8.05 AM **Trolls Band Together** Animation. (2023, U) ★★★
9.50 **The Secret Life of Pets** Animation. (2016, U) ★★★
11.30 **Wimbledon** Sports comedy. (2004, 12, 98min) ★★★
1.25 PM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
3.10 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
5.50 **Bad Boys for Life** Action comedy sequel with Will Smith. (2020, 15, 124min) ★★★

10.00 Five Nights at Freddy's

8.00 Bad Boys: Ride or Die Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Five Nights at Freddy's Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
1.25 AM **The Purge: Anarchy** Horror. (2014, 15) ★★★
3.10 **The Purge: Election Year** Horror. (2016, 15) ★★★
5.05 **to 6.50** AM **The Truman Show** Comedy. (1997, PG) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.55 AM **I Used to Be Funny** Comedy drama starring Rachel Sennott. (2023, 15, 105min) ★★★
8.55 **The Post** Fact-based drama. (2017, 12, 113min) ★★★★
11.00 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
12.50 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
3.05 **The Illusionist** Period mystery. (2006, PG, 110min) ★★★★
5.00 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
6.40 **Boy Meets Boy** Drama starring Matthew Morrison. (2021, 15, 75min) ★★★
8.00 **Eternal Sunshine of the Spotless Mind** Offbeat romantic comedy starring Jim Carrey and Kate Winslet. (2004, 15, 108min) ★★★★★
10.00 **Speak Like a Child** Dark drama starring Cal Macaninch, Richard Mylan and Rachel Fielding. (1998, 18, 80min) ★★
11.35 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
2.10 AM **Skincare** Comedy thriller. (2024, 18, 86min) ★★★
4.00 **Boy Meets Boy** As 6.40pm.
5.25 **to 7.05** AM **Widow Clicquot** Drama. (2023, 15) ★★★★

Sky Cinema Star Trek

311 311 411 511 525

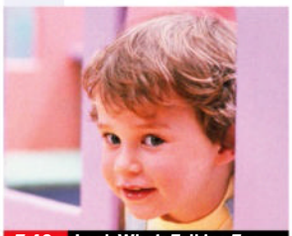
6.30 AM **Star Trek: Generations**
8.35 **Star Trek: First Contact**
10.35 **Star Trek: Insurrection**
12.35 PM **Star Trek: Nemesis**
2.35 **Star Trek Into Darkness** Sci-fi adventure starring Chris Pine. (2013, 12, 132min) ★★★★
4.50 **Star Trek Beyond** Sci-fi adventure starring Chris Pine, Zachary Quinto and Idris Elba. (2016, 12, 122min) ★★★★
6.55 **Star Trek: Generations** Sci-fi adventure starring Patrick Stewart and William Shatner. The two captains of the USS *Enterprise*, Captains Kirk and Picard, are united across space and time to fight an evil scientist. (1994, PG, 118min) ★★★
8.55 **Star Trek: First Contact** Sci-fi adventure starring Patrick Stewart. The *Enterprise* crew members travel back in time to 21st-century Earth to thwart the Borg. (1996, 12, 110min) ★★★★
10.55 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★
12.45 AM **Star Trek: Nemesis** Sci-fi. (2002, 12, 116min) ★★★
2.45 **Star Trek Into Darkness**
5.00 **The Cinema List: Star Trek**
5.20 **to 7.25** AM **Star Trek Beyond**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **Pups United** As 2.45am.
9.05 **Nativity 2: Danger in the...** **11.00** **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
12.40 PM **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★
2.50 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
4.20 **The SpongeBob SquarePants Movie** Animated adventure. (2004, U, 87min) ★★★★
6.00 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★


7.40 Look Who's Talking Too

7.40 **Look Who's Talking Too** Comedy sequel with John Travolta and Kirstie Alley. (1990, 12, 77min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Daddy Day Camp** Family comedy sequel starring Cuba Gooding Jr and Paul Rae. After making a success of a day-care centre, two fathers start a summer day camp, with disastrous results. (2007, PG, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Nativity 2: Danger in the Manger!** Comedy sequel with David Tennant and Marc Wootton. (2012, U, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Save the Cinema** Drama. (2021, 12, 109min) ★★★
2.45 **Pups United** Adventure. (2015, U, 89min) ★★★
4.30 **to 6.25** AM **Mavka: The Forest Song** Animation. (2023, PG, 99min) ★★

Sky Cinema Action

307 307 407 507 521

6.25 AM **Royal Warriors** (1986)
8.05 **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★
10.35 **Aquaman** Fantasy adventure. (2018, 12, 143min) ★★★
1.00 PM **The Patriot** Epic drama. (2000, 15, 167min) ★★★
3.45 **Twister** Disaster drama. (1996, PG, 114min) ★★★
5.40 **Fury** War drama starring Brad Pitt and Logan Lerman. (2014, 15, 134min) ★★★

5.40 Fury

8.00 **Fast & Furious 5** Action thriller sequel starring Vin Diesel, Paul Walker and Jordana Brewster. A trio of car thieves assemble a crack team to steal a Rio de Janeiro drug lord's money. With Dwayne Johnson and Tyrese Gibson. (2011, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Royal Warriors** Thriller. (1986, 18, 96min) ★★★
2.00 **Fury** As shown at 5.40pm.
4.15 **to 6.30** AM **The Legend of Zorro** Adventure sequel. (2005, PG, 130min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **Roxanne** As 11.30pm.
9.00 **Blades of Glory** As 9.50pm.
10.45 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
12.50 PM **School of Rock** Comedy. (2003, PG, 109min) ★★★★
2.50 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
4.30 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
6.20 **The Men Who Stare at Goats** Offbeat comedy. (2009, 15, 89min) ★★★

9.50 Blades of Glory

8.00 **Anyone But You** Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly – until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Blades of Glory** Comedy starring Will Ferrell and Jon Heder. Two ice skating rivals who have been banned from the sport for life decide to team up as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Roxanne** Romantic comedy. (1987, PG, 102min) ★★★★
1.25 AM **Dad's Army** Comedy. (1971, U, 95min) ★★★★
3.15 **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★
5.15 **to 7.05** AM **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **American Star** As 3.50am.
8.00 **To Catch a Killer** As 5.50pm.
10.10 **Dead Shot** Action thriller. (2023, 15, 92min) ★★★
11.50 **Angels & Demons** Mystery thriller starring Tom Hanks. (2009, 12, 138min) ★★
2.15 PM **The Line** As 12.05am.
4.05 **Poker Face** Crime thriller. (2022, 15, 120min) ★★★
5.50 **To Catch a Killer** Thriller starring Shailene Woodley. (2023, 15, 119min) ★★★★

5.50 To Catch a Killer

8.00 **Inferno** Director Ron Howard's adaptation of the Dan Brown thriller, starring Tom Hanks, Felicity Jones and Irrfan Khan. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions of people. (2016, 12, 121 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Snatch** Crime comedy starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Line** Drama with Alex Wolff. (2023, 15, 100min) ★★★
1.55 **Machete** Action thriller. (2010, 18, 104min) ★★★
3.50 **American Star** Mystery thriller. (2023, 15, 107min) ★★★★
5.45 **to 7.35** AM **The Wasp** Thriller. (2024, 15, 96min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
12.50 PM **Ferdinand** Animation. (2017, U, 102min) ★★★
2.55 **Sword of Sherwood Forest** Adventure. (1961, U) ★★★
4.35 **Operation Petticoat** Comedy. (1959, U, 124min) ★★★
6.55 **My Best Friend's Wedding** Romantic comedy drama. (1997, 12, 104min) ★★★★

6.55 My Best Friend's Wedding

8 PM **My Best Friend's Wedding** (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **American Gangster Special** Preview of Ridley Scott's epic crime drama.

10 PM **9.10** **American Gangster** Ridley Scott's fact-based crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **12.20** AM **Pixie** Crime comedy with Olivia Cooke. To avenge her mother's death, a young woman masterminds a heist. (2020, 15, 94min) ★★★★
2.10 **to 4.00** AM **Bitch Ass** Horror starring Tunde Laleye. (2022, 15, 85min) ★★★

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

7.20 AM **Peter Pan** As 3.25am.
9.20 **Raiders of the Lost Ark** Steven Spielberg's action adventure. (1981, PG, 115min) ★★★★★
11.20 **Indiana Jones and the Temple of Doom** Action adventure. (1984, PG, 118min) ★★★
1.20 PM **Indiana Jones and the Last Crusade** Steven Spielberg's adventure with Harrison Ford. (1989, PG, 127min) ★★★★★
3.30 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★
5.35 **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
8.00 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
10.10 **Schindler's List** Steven Spielberg's Oscar-winning drama starring Liam Neeson. (1993, 15, 195min) ★★★★★
1.25 AM **Dunkirk** Christopher Nolan's World War Two drama. (2017, 12, 106min) ★★★★★
3.25 **Peter Pan** Family adventure. (2003, PG, 113min) ★★★★
5.30 **to 7.50** AM **Knocked Up** Comedy starring Seth Rogen. (2007, 15, 129min) ★★★★

Sky Cinema Greats

304 304 404 504 518

7.20 AM **HouseSitter** Comedy. (1992, PG, 102min) ★★★
9.15 **The Money Pit** Comedy. (1985, 15, 91min) ★★★
11.00 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
1.30 PM **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
3.40 **The Man Who Shot Liberty Valance** Classic Western. (1962, b/w, U, 122min) ★★★★★
5.50 **Superman II** Fantasy adventure sequel with Christopher Reeve. (1980, PG, 127min) ★★★
8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★
10.00 **Robin Hood: Prince of Thieves** Adventure starring Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. (1991, PG, 138min) ★★
12.25 AM **Vertigo** Classic Hitchcock thriller starring James Stewart. (1958, PG, 128min) ★★★★★
2.45 **The Great Escape** Classic adventure with Steve McQueen. (1963, PG, 166min) ★★★★★
5.40 **to 6.40** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Open Season 2** Animated sequel. (2008, PG, 73min) ★★★
7.35 **Fireheart** (2022, U) ★★★
9.15 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
10.50 **The Lego Movie 2: The Second Part** (2019, U) ★★★★
12.40 PM **The Prince of Egypt** Animation. (1998, U) ★★★★
2.25 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
4.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
5.40 **Home** Animated adventure. (2014, U, 94min) ★★★
7.20 **Monster House** Animation. (2006, PG, 91min) ★★★★
8.55 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
10.15 **Noah's Ark** Animation. (2024, U, 96min) ★★★
11.55 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
1.15 AM **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
2.35 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
3.30 **Curious George** Animation. (2006, U, 87min) ★★★★
5.05 **to 6.30** AM **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022) ★★★

Movies 24

312 313 419

7.00 AM **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
9.00 **Writing a Love Song** Romantic drama. (2024, PG, 85min) ★★
11.00 **Love Served Here** Romantic drama. (2023, PG, 84min) ★★
1.00 PM **The Royal We** Romantic comedy. (2025, PG, 84min) ★★
3.00 **The Best Version of Love** Romantic comedy drama. (2023, PG, 86min) ★★
5.00 **To Her, With Love** Romantic drama. (2022, PG, 84min) ★★
7.00 **Blind Date Book Club** Romantic drama starring Erin Krakow and Robert Buckley. (2024, PG, 90min) ★★
9.00 **Luckless in Love** Romantic comedy drama starring Paniz Zade and Brett Donahue. A blogger's career takes off after a piece about a bad date, forcing her to keep seeing the man for her career's sake. (2023, PG, 86min) ★★
11.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★
1.00 AM **Made for Each Other** Fantasy. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Groundswell** Comedy. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Bulldog Drummond Comes Back** Adventure sequel. (1937, b/w, U, 70min) ★★
7.10 **It's a Wonderful World** Musical comedy. (1956, U, 89min) ★★
8.55 **Topper Returns** Fantasy. (1941, b/w, U, 88min) ★★★
10.45 **Doctor at Sea** Comedy. (1955, PG, 93min) ★★★
12.40 PM **Run Wild, Run Free** Family drama. (1969, U, 98min) ★★★
2.45 **Glimpses: Screenagers!**
3.05 **Rebecca** 1/2. Dramatisation of the Daphne du Maurier novel.
5.05 **Look at Life**
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Four Star Theatre** 25/41. (S4)
7.05 **Batman** 22/60. (S2)
7.35 **Dial 999** 7/39. (S1)
8.05 **The Story of Esther Costello** Melodrama with Joan Crawford. (1957, b/w, PG, 103min) ★★
10.10 **Cellar Club with Caroline Munro**
10.15 **The Deep** Underwater adventure. (1977, 15, 123min) ★★★
12.45 AM **Cellar Club with Caroline...**
12.50 **The Believers** Occult thriller. (1987, 18, 113min) ★★
3.05 **Cellar Club with Caroline Munro**
3.10 **Hi, Mom!** Anarchic comedy. (1969, 18, 87min) ★★★
4.50 **BEA: Number One in Europe**
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA Tennis** Coverage of day one of the WTA Monterrey Open at Club Sonoma in Mexico.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Sports news.
3.00 **LIVE The Hundred Trent Rockets Women v Manchester Originals Women.** From Trent Bridge. Start-time **3.00pm**.
6.00 **LIVE The Hundred Trent Rockets Men v Manchester Originals Men.** From Trent Bridge. Start-time **6.30pm**.
7.45 **LIVE EFL Walsall v Grimsby Town.** Coverage of the League Two match at Pallet-Track Bescot Stadium. Kick-off **8.00pm**.
10.30 **LIVE US Open Tennis** Coverage of day one of the mixed doubles competition.
11.00 **LIVE WTA & ATP Tennis** The WTA and/or ATP Tours.
3.30 **to 6.00** AM **LIVE WTA Tennis** Coverage of day two of the WTA Monterrey Open in Mexico.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **MNF Hlts** Leeds United v Everton.
7.30 **FNF** Liverpool v Bournemouth.
8.00 **SNF** Wolverhampton v Man City.
8.30 **MNF Hlts** Leeds United v Everton.
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **MNF Hlts** Leeds Utd v Everton.
1.30 **FNF** Liverpool v Bournemouth.
2.00 **Premier League Highlights**
2.30 **SNF** Action from Wolverhampton Wanderers v Manchester City.
3.00 **Premier League Highlights** Chelsea v Crystal Palace. **3.30** Highlights from Nottingham Forest v Brentford. **4.00** Manchester United v Arsenal.
4.30 **MNF Hlts** Leeds United v Everton.
5.00 **The Premier League Show**
6.00 **Premier League Review**
7.00 **Gillette Labs Soccer Special**
10.15 **Netbusters** Highlights.
10.45 **Transfer 360**
11.15 **Premier League Review**
12.15 AM **PL Greatest Games**
12.30 **Transfer 360**
1.00 **Premier League Years**
3.00 **PL Retro** Action from 2017/18.
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro** From 2010.
8.00 **SPFL** Archive action.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Moments From The Championship Play-Off Final**
11.30 **Best Moments From The League 1 & 2 Play-Off Final**
12.00 NOON **EFL Cup Highlights**
1.00 PM **EFL Highlights**
3.00 **EFL Cup Highlights**
4.00 **EFL Highlights**
5.00 **EFL Greatest Games**
6.00 **EFL Highlights**
7.30 **LIVE EFL Walsall v Grimsby Town.** Coverage of the League Two match at Pallet-Track Bescot Stadium. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights** Action from Bromley v Ipswich Town.
11.00 **EFL Greatest Games**
12.00 M'T **Championship Retro** Action from Blackburn Rovers v Manchester City from 2000.
2.00 AM **Henrik Larsson: 20 Years On**
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Old Firm Derby Best Goals**
5.30 **to 6.00** AM **Edinburgh Derby Best Goals**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.30 **The Hundred** Southern Brave Men v Oval Invincibles Men.
2.00 PM **The Hundred Bitesize**
2.45 **LIVE The Hundred Trent Rockets Women v Manchester Originals Women.** Coverage of the match from Trent Bridge, Nottingham. Start-time **3.00pm**.
6.00 **LIVE The Hundred Trent Rockets Men v Manchester Originals Men.** Coverage of the match from Trent Bridge, Nottingham. The Rockets claimed a one-run victory when the teams met at Old Trafford last year, with the help of a Tom Banton's innings of 45 off just 22 balls. However, the Rockets still missed out on the play-offs, while the Originals struggled all season, picking up just one win as they finished seventh out of eight teams. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.15 **The Hundred**
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred**
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons**
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **The Open Zone**
9.30 **DP World Tour Golf**
10.00 **PGA Tour Golf**
11.00 **Women's Golf**
12.00 NOON **Golf Academy**
1.00 PM **Playing Lessons**
2.00 **Nick Dougherty's Tee Time Tips**
2.30 **Ryder Cup 1985 40 Years On**
5.30 **Countdown to the Ryder Cup**
6.00 **PGA Tour Golf**
7.00 **Ryder Cup 1985 40 Years On**
10.00 **DP World Tour Golf**
10.30 **My Ryder Cup**
11.00 **PGA Tour Golf**
12.00 M'T **Women's Golf**
1.00 AM **Golf Academy**
2.00 **Playing Lessons**
3.00 **Nick Dougherty's Winter Tee Time Tips 2022**
4.00 **The Open Zone**
5.00 **to 6.00** AM **Women's Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA Tennis** Coverage of day one of the WTA Monterrey Open, a hard-court tournament at Club Sonoma in Mexico.
6.30 **ATP Tennis** From Toronto.
6.45 **WTA Tennis** From Montreal.
7.00 **Tennis** The 2024 US Open.
8.00 **ATP Tennis** From Ohio.
10.00 **WTA Tennis** From Ohio.
12.00 NOON **WTA & ATP Tennis**
4.00 PM **LIVE US Open Tennis** Day one of the mixed doubles competition, which adopts a new look as 16 star-studded teams compete across two days.
11.00 **LIVE WTA & ATP Tennis** Coverage from the tours, including the WTA Monterrey Open, WTA Cleveland Open and ATP Winston-Salem Open.
3.30 **to 6.00** AM **LIVE WTA Tennis** Day two of the WTA Monterrey Open, a hard-court tournament at Club Sonoma in Mexico.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE One Day International Cricket Australia v South Africa.** Coverage of the first one-day international in the three-match series, at Cazalys Stadium, Cairns.
2.00 PM **Playing for Our Future – Cricket** The future of cricket.
2.15 **The Gruppetto** Cycling action.
2.30 **The Football Archives: UEFA Champions League**
3.30 **Premier League Review**
4.30 **Premier League**
6.00 **Premier League Netbusters**
6.30 **Premier League Stories**
7.00 **What I Wore** Michel Salgado.
7.15 **UEFA Champions League**
7.45 **LIVE UEFA Champions League** Coverage of a play-off round first-leg match, as the teams continue their bids to reach the league phase. Kick-off **8pm**.
10.00 **Premier League Reload**
10.15 **MotoGP Rewind**
11.00 **MLB Lead Off**
11.30 **LIVE MLB** Coverage of a Major League Baseball game.
2.30 AM **MLB Closer** Recent action.
4.30 **MLB Classic** From 2003.
5.00 **to 7.00** AM **Premier League Review**

TNT Sports 2

411 414 522 409 431

6.00 AM **UTMB World Series**
7.00 **Premier League Review**
8.00 **V8 Supercars Highlights**
10.00 **Serie A** Highlights.
1.00 PM **Premier League Review**
2.00 **What I Wore** David Seaman.
2.30 **V8 Supercars Highlights**
4.30 **European Rally Championship**
5.00 **Saudi Masters Snooker**
6.00 **SailGP Highlights**
7.00 **Onboard** The Ocean Race.
7.30 **The Gruppetto** Cycling action.
7.45 **LIVE UEFA Champions League** Coverage of a play-off round first-leg match, as two teams contest a place in the league phase. Kick-off **8.00pm**.
10.00 **Fight Week** Action from UFC 319.
10.30 **One Day International Cricket** Australia v South Africa: The first one-day international in the three-match series.
11.30 **LIVE CPL St Kitts & Nevis Patriots v Saint Lucia Kings.** Coverage of the T20 match at Warner Park Sporting Complex in Basseterre, St. Kitts and Nevis.
3.45 AM **TNT Sports Cricket Reload**
4.00 **One Day International Cricket**
5.00 **to 6.00** AM **UEFA Champions League – Classics**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 **The Rugby Championship**
12.15 PM **Lions Legends**
1.00 **Super League Highlights**
2.00 **S/Lge Retro: Magic Weekend** Huddersfield v Salford from 2012. **4.00** Action from Wigan Warriors v Leeds Rhinos from 2014.
6.00 **British and Irish Lions Tour** Action from First Nations & Pasifika XV v British & Irish Lions. **7.00** The first Test of the three-match series between Australia and British & Irish Lions, held at Suncorp Stadium in Brisbane. **8.00** The second Test between Australia and British & Irish Lions of the three-match series, held at Melbourne Cricket Ground. **9.00** The third Test between Australia and British & Irish Lions, held at Accor Stadium in Sydney. **10.00** Action from First Nations & Pasifika XV v British & Irish Lions.
11.00 **Super League Highlights**
12.00 M'T **Rugby League Retro**
2.00 AM **S/Lge Retro: Magic Weekend** Castleford Tigers v Wakefield Trinity from 2012.
4.00 **to 6.00** AM **Rugby League Retro**

Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA Tennis** Coverage of day one of the WTA Monterrey Open, a hard-court tournament at Club Sonoma in Mexico.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Sports news.
4.00 **LIVE US Open Tennis** Coverage of day two of the qualifying event for the Grand Slam, which takes place at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
7.35 **LIVE EFL AFC Wimbledon v Cardiff City.** The League One match from Cherry Red Records Stadium. Kick-off **7.45pm**.
9.45 **LIVE US Open Tennis** Further coverage of day two of the qualifying event for the Grand Slam.
2.00 AM **LIVE WTA & ATP Tennis** The WTA and/or ATP Tours, including the WTA Monterrey Open, WTA Cleveland Open, and ATP Winston-Salem Open.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Tennis** The 2024 US Open.
9.00 **PGA Tour Golf**
11.00 **The Hundred Bitesize**
11.30 **The Open Zone**
12.30 PM **PL Greatest Games**
1.30 **The Hundred Bitesize**
2.00 **Tennis** The 2024 US Open.
4.00 **LIVE US Open Tennis** Day two of the qualifying event for the Grand Slam, which takes place at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
2.00 AM **The Hundred Bitesize**
3.00 **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **Women's Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Motocross World Championship** From Sweden.
9.00 **WNBA** Recent action.
10.00 **Golden Trail World Series**
10.30 **Fishing: On the Bank**
11.30 **Sign Up – Into Football**
12.30 **MLB Plays of the Week**
1.00 **MLB Highlights** Baseball action.
2.00 **UTMB World Series Highlights**
3.00 **Serie A** Recent highlights.
5.00 **Fishing: On the Bank**
6.00 **MLB Highlights** Recent M ajor League Baseball action.
7.00 **WNBA** Highlights from Las Vegas Aces v Dallas Wings.
8.00 **Packer: The Man Who Changed Cricket** The influence media mogul Kerry Packer had on the game.
9.30 **Saudi Masters Snooker** A review of the 2025 tournament.
10.30 **UIM F1H2O World Championship Highlights**
11.00 **Premier League Review**
12.00 M'T **UEFA Champions League**
2.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Replays of matches.
12.00 NOON **MotoGP** The MotoGP Grand Prix of Austria Moto3 race. **1.00** PM Action from the MotoGP Grand Prix of Austria Moto2 race. **2.00** Action from the MotoGP Grand Prix of Austria sprint race. **2.30** Action from the MotoGP Grand Prix of Austria MotoGP race.
3.30 **MotoGP Chequered Flag**
4.30 **Golden Trail World Series** From Sierre Zinal in Switzerland.
5.00 **AFL** Highlights from Adelaide Crows v Collingwood. **6.30** Action from North Melbourne v Richmond. **8.00** Highlights from Sydney Swans v Geelong Cats. **9.30** Action from Western Bulldogs v West Coast Eagles.
11.00 **Fishing: On the Bank**
12.00 M'T **UFC** Recent action.
3.00 AM **UFC Reloaded**
4.45 **Playing for Our Future – Rugby**
5.00 **to 6.00** AM **WNBA**

Premier Sports 1

419 551

6.00 AM **FIM Sidecarcross**
7.00 **MotorSport**
8.00 **World Surf League** The Rio Pro.
9.00 **British Minibikes** Highlights.
11.00 **Scottish Football Social Club**
12.00 NOON **DTM Highlights**
1.00 PM **FIM Sidecarcross** Germany.
2.00 **LaLiga Specials** From 2023/24.
3.00 **World Surf League** The Rio Pro.
4.00 **Top 14 Rugby Union Highlights**
5.00 **NASCAR Highlights** Virginia.
6.00 **Football's Greatest**
7.00 **LaLiga Specials** From 2023/24.
7.55 **LIVE LaLiga Real Madrid v Osasuna.** Coverage of the Spanish top-flight match from the Bernabeu. Kick-off **8.00pm**.
10.00 **Football's Greatest**
10.30 **LaLiga Specials** From 2023/24.
11.00 **Scottish Football Social Club**
12.00 M'T **British Minibikes**
2.00 AM **DTM Highlights**
3.00 **Top 14 Rugby Union Highlights**
4.00 **MotorSport**
5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks** Action from the eero 250 in Virginia.
9.00 **Bike World** Magazine.
9.30 **Coppa Italia** AC Milan v Bari.
11.30 **GP Confidential** All the latest Formula One news.
12.00 NOON **Premier Sports Cup** A second-round match.
2.00 PM **Temples of Sport**
2.30 **Football's Greatest**
3.00 **LaLiga** Mallorca v Barcelona. **5.00** Espanyol v Atlético Madrid.
7.00 **LaLiga Specials** The top scorer in the 2024/25 season.
7.30 **MotorSport** A look at the career of Valentino Rossi.
8.00 **NASCAR Trucks** The eero 250, the 18th round of the season at Richmond Raceway in Virginia.
11.00 **Bike World** Magazine.
11.30 **LaLiga** Real Madrid v Osasuna.
1.30 AM **Major League Cricket** Action from MI New York v Washington Freedom in the final.
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Austrian Grand Prix races from 2021 to 2024.
11.00 **F1 Features**
11.40 **Formula 1** This year's Austrian Grand Prix qualifying session.
2.00 PM **Ted's Notebook**
2.30 **Formula 1** The build-up to this year's Austrian Grand Prix. **3.55** Action from this year's Austrian Grand Prix. **6.00** The reaction to this year's Austrian Grand Prix.
7.00 **Ted's Notebook**
7.30 **Formula 1** Highlights of this year's Austrian Grand Prix.
8.30 **Formula 1** Austrian Grand Prix races from 2024 to 2021.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 20 August

Evening Planner

Drama

Mudtown
U&Alibi, 9pm (box set, Sky Box Sets/ Virgin/NOW)
A magistrate's commitment is tested in this Welsh drama starring Erin Richards.

OnDemand

Disney+

The Twisted Tale of Amanda Knox
Available today
Drama inspired by the experiences of Amanda Knox (Grace Van Patten).

OnDemand

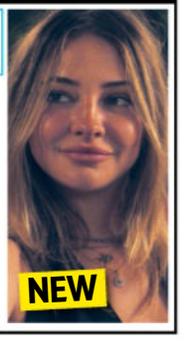
4

The Darkness
Available today
Lena Olin stars in this Icelandic crime drama as a detective who is on her last case before retirement.

OnDemand

prime

The Map That Leads to You
Available today
Romantic drama starring *Outer Banks*' Madelyn Cline and *Riverdale*'s KJ Apa.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef		9.00 Destination X		10.00 News; Local News	10.40 UEFA...
	102 BBC2	7.00 Athletics: Diamond League Lausanne – Live: The Athletissima				9.00 Sacred Rivers with Simon Reeve		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Fortune Hotel		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Kitchen vs Garden		9.00 In Flight		10.00 24 Hours in A&E	
	105 5	7.00 Michael Portillo's Lisbon		8.00 Call the Bailiffs: Time to Pay Up		9.00 Soldier: For King and Country		10.00 Special Forces: Most Daring Missions	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Shark with Steve Backshall		9.00 Game of Thrones			
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Billion Dollar Playground			10.40 Pretty...
	116 BBC4	7.00 Fred Dibnah's...	7.30 Handmade in...	8.00 Mystery of the Desert Kites		9.00 Tribe		10.15 Perfect Strangers	
	118 ITV2	7.00 Deal or No Deal		8.00 The Bachelor Australia		9.00 Family Guy			
	136 MORE4	‹ 6.55 Grand Designs		7.55 The Dog House		9.00 Grand Designs		10.00 Location, Location, Location Australia	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Sailing Yacht		9.00 Celebs Go Dating		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Fire Country		10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 The White Lotus		10.15 True Detective	
	110 U&GOLD		7.10 The Vicar of Dibley	8.00 Red Dwarf			9.15 The Vicar of Dibley	9.55 Not Going Out	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	7.00 The Motorbike Show		8.00 The Chase Celebrity Special		9.00 Film: Sudden Impact			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: The 40-Year-Old Virgin			
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 There's Something About Movies		9.00 Film: The Woman in Black: Angel of Death			
	109 U&ALIBI	7.00 Miss Scarlet		8.00 Death in Paradise		9.00 Mudtown		10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Battle of the Bagpipes		9.00 Wonderland: Gothic		10.00 I Am Burt Reynolds	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance at Christmas		9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Roadworthy Rescues		9.00 Street Outlaws: Locals Only		10.00 Roadworthy Rescues	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Mountain Monsters	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Construction Fails	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 Death Coast		10.00 Deadman's Curse	
	155 U&YESTERDAY	7.00 Simon Reeve's South America		8.00 Australia with Simon Reeve		9.00 Operation Arctic		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Burden of Proof: Who Killed Jennifer...		8.00 The Man Who Bought Cricket		9.00 Amsterdam Narcos		10.00 Fatboy Slim: Right Here, Right Now	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 Sonic the Hedgehog 3		8.00 Kraven the Hunter				10.15 Saturday Night	
	302 FAVOURITES	‹ 6.00 We're the Millers		8.00 Dunkirk			9.50 Dirty Harry		
	303 HITS	‹ 6.15 Anyone But You		8.00 Tropic Thunder			9.50 Blades of Glory		
	304 GREATS	‹ 5.55 Superman III		8.00 Jaws 3			9.40 Enter the Dragon		
	305 ANIMATION		7.10 Turbo			9.00 Curious George			10.35 Teen Titans...
	306 FAMILY	‹ 6.00 Hook			8.30 Ella Enchanted				10.25 Cats & Dogs
	307 ACTION	‹ 5.25 Gladiator II		8.00 Fast & Furious 6				10.10 Django Unchained	
	308 COMEDY	‹ 6.10 Beetlejuice Beetlejuice		8.00 You've Got Mail				10.10 Parenthood	
	309 THRILLER	‹ 5.55 Patriot Games		8.00 Jaws				10.10 The Bikeriders	
	310 DRAMA	‹ 6.30 Speak Like a Child		8.00 Grease				10.00 Grease 2	
	311 STAR TREK		7.05 Star Trek Into Darkness				9.20 Star Trek Beyond		
	313 FILM4	‹ 6.45 Charlie's Angels				9.00 Uncharted			
SPORT	401 MAIN EVENT	‹ 6.00 The Hundred – Live		7.45 EFL – Live: Bolton Wanderers v Reading (Kick-off 8.00)					10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 PL Stories	8.30 Netbusters	9.00 PL Review		10.00 PL Stories	10.30 Netbusters
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Bolton Wanderers v Reading (Kick-off 8.00)						10.30 EFL Cup...
	405 CRICKET	‹ 6.00 The Hundred – Live: London Spirit Men v Northern Superchargers Men (Start-time 6.30)					9.30 The Hundred Bitesize		10.30 The Hundred
	410 TNT SPORTS 1	7.00 Discovery Golf		7.45 UEFA Champions League – Live: Coverage of a play-off round first-leg match (Kick-off 8.00)				10.00 PL Review	
	411 TNT SPORTS 2	‹ 6.45 UEFA Champions League		7.45 UEFA Champions League – Live: Coverage of a play-off round first-leg match				10.00 MotoGP Highlights	

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)(AD)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** A retired couple from Essex are looking for a home by the coast. (S)(R)
3.45 **The Bidding Room** New edition Items include furry bedside tables and a wartime wedding dress. (S)
4.30 **The Answer Run** New edition Quiz hosted by Jason Manford. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Destination X

7 PM

7.00 **The One Show** Clara Amfo and Vernon Kay present the topical show. (S)
7.30 **EastEnders** George gets Kojo to Phil's place, but Jack arrives and discovers he took drugs. Julie is reeling from Phil's outburst. (S)(AD)

8 PM

8.00 **MasterChef** New edition 7/24. The home cooks make what they can of three different types of pastry, with the successful ones cooking two courses for 2022 champion Eddie Scott. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **Destination X** New edition 7/10. Tensions mount as the passengers are given the chance to scupper each other in a challenge that will test their memory, reflexes and loyalty. (S)(AD)
■ Continues tomorrow

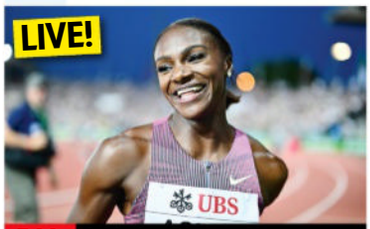
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **UEFA Champions League Play-Off Highlights** Action from the play-off round first-leg ties, including Celtic v Kairat Almaty or Slovan Bratislava at Celtic Park and FK Bodø/Glimt v Sturm Graz at Aspmyra Stadion. (S)
11.30 FILM **Pirates of the Caribbean: Salazar's Revenge** Swashbuckling adventure starring Johnny Depp, Javier Bardem and Geoffrey Rush. Ghost scavengers escape from the Devil's Triangle, determined to kill every pirate at sea, including Captain Jack Sparrow. (S)(AD) (2017, 12, 120min) ★★★
1.30 AM **Weather for the Week Ahead**
1.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Escape to the Country** (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** With Julie Graham and Tamzin Outhwaite. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Mexico: Earth's Festival of Life** Exploring the forests of the Yucatan, home to ruins of the Mayan civilisation. (S)(R)(AD)
5.15 **Flog It!** From Grimsby. (S)(R)
6.00 **Richard Osman's House of Games** With Toby Anstis, Kerry Howard, Evelyn Mok and Joe Sugg. (S)(R)
6.30 **Rick Stein's Food Stories** Rick cooks profiteroles and explores Glasgow's food scene. (S)(R)(AD)



7.00 Athletics: Diamond League

7.00 LIVE **Athletics: Diamond League Lausanne** Coverage of the Athletissima, the 13th meeting of the season, held at Stade Olympique de la Pontaise in Switzerland. The British quartet of Desiree Henry, Dina Asher-Smith, Amy Hunt and Bianca Williams impressed in the women's 4x100m last year, winning in a meeting record time of 42.03s. (S)

9.00 **Sacred Rivers with Simon Reeve** 2/3. Simon travels along the Ganges from the foothills of the Himalayas to the Bay of Bengal to explore how India's booming economy has affected its religious culture. (S)(R)(AD)

10.00 **Mortimer & Whitehouse: Gone Fishing** 3/6. Rob and Paul head to the Lake District. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 FILM **Tamara Drewe** Comedy starring Gemma Arterton. A beautiful journalist causes emotional havoc when she returns to her childhood home in a quiet Dorset village. With Roger Allam. (S)(AD) (2010, 15, 105min) ★★★
12.45 AM **Sign Zone: Uncanny** (S)(R)(AD)
1.45 **Sign Zone: VJ Day 80: We Were There** Documentary. (S)(R)(AD)
2.45 **Sign Zone: The Moors Murders: A Search for Justice** (S)(R)(AD)
3.45 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **James Martin's Great British Adventure** (S)(R)(AD)
1.00 **ITV News** (S)
1.20 **Local News** (S)
1.30 LIVE **Racing** Ed Chamberlin and Francesca Cumani present coverage of the opening day of the Ebor Meeting from York, featuring the 3.35 Juddmonte International Stakes and races at 1.50, 2.25, 3.00 and 4.10. (S)
4.30 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Fortune Hotel

7.30 **Emmerdale** Mack is offered a lift by John and discovers a clue in his vehicle, Vinny is in turmoil, while Celia tells Moira to get the best price for her land and get out of farming. (S)(AD)

8.00 **Coronation Street** Kit and Sarah's actions come back to haunt them, Dee-Dee throws caution to the wind with Ollie, and Tracy guesses the real object of Carl's desire. (S)(AD)

9.00 **The Fortune Hotel** New edition 5/8. At the beach, the guests experience coconut chaos as they face the most dramatic Day Trip Challenge yet – racing to build the tallest tower from scattered cans. (S)(AD)
■ Continues tomorrow

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Matthew Perry: A Hollywood Tragedy** Documentary exploring the *Friends* star's rise to fame and the final days before his death in October 2023, with insights from castmates, friends, law enforcement and his own candid accounts. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **The Fortune Hotel** As shown at 9.00pm. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** The chef serves up a plate of salt and pepper squid and prawns for comedian Joe Pasquale. (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 4-7/26. (S8) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 17-20/24. (S10) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Florida. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in Kefalonia, Greece. (S)(R)
4.00 **The Great House Giveaway** Engineer Harri and model Alaw transform a one-bed terrace in Aberoer, Wrexham. (S)(R)
5.00 **Chateau DIY** The discovery of a postcard inspires Janet and Philip to rebuild a lost turret. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Catching up with earlier buyers to see how they settled in. (S)(R)

8.00 Kitchen vs Garden

7.00 **News** (S)

8.00 **George Clarke's Kitchen vs Garden** New edition Architect George and garden designer Luke Millard are in Bristol, helping a couple decide whether a dream kitchen or a Japanese garden is their top priority. (S)(AD)

9.00 **In Flight** New episode 5/6. After stealing the heroin and money, Jo realises Cormac is also being blackmailed, so they collude to get out for good. (S1) (S)(AD)
■ Concludes tomorrow

10.00 **24 Hours in A&E** Pedestrian Jane is rushed to Queen's Medical Centre in Nottingham with multiple life-threatening injuries, including a fractured pelvis, after being severely injured in a hit-and-run. (S)(R)(AD)
11.05 **999: On the Front Line** Paramedics treat a woman in the advanced stages of labour. (S)(R)
12.05 AM **First Dates** (S)(R)(AD)
1.00 **Celebrity SAS: Who Dares Wins** 5&6/8. Double bill. (S)(SL)(R)(AD)
2.50 **Crime Scene Cleaners** (S)(SL)(R)
3.45 **Location, Location, Location** (R)
4.40 **Jamie's Comfort Food** (S)(R)
4.50 **George Clarke's Amazing Spaces** Tiny treetop builds. (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

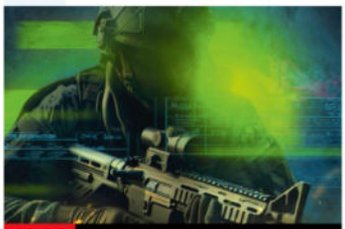
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **Crossword Mysteries: Riddle Me Dead** Crime drama starring Brennan Elliott. (S)(R)
4.00 **All Creatures Great and Small** 1/7. A trip back home to Glasgow presents James with a dilemma. (S2) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** At Cannon Hall Farm, the farmers explore their woodland and plant new trees for future generations to enjoy. (S)(R)
6.55 **News** (S)



10.00 Special Forces: Most Daring...

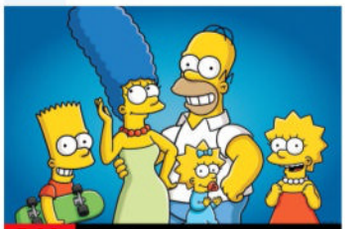
7.00 **Michael Portillo's Lisbon** Feeling creative, Michael designs his own tile at a 280-year old decorative ceramic factory in a truly unique Portillo style. (S)(R)
7.55 **News** (S)
8.00 **Call the Bailiffs: Time to Pay Up** Series finale Mark and Sam chase a debt for a car sold with, allegedly, inaccurate mileage. Vlad has to call an airline to get the money for a compensation claim. (S)(AD)
9.00 **Soldier: For King and Country** New edition 3/4. Two seasoned Sergeant Majors prepare to go head to head, while the Royal Welsh struggle to defend their title as rugby champions. (S)
10.00 **Special Forces: Most Daring Missions** New edition 2/3. The story of how a regiment of British soldiers were held hostage by Sierra Leone's notorious West Side Boys. (S)
11.05 **Killer at the Crime Scene** The murder of 82-year-old Mohammed Saleem. (S)(R)
12.05 AM **Police: Night Shift 999** (R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Submarine: Life Under the Waves** Documentary. (S)(R)
3.50 **Warship: Life at Sea** (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.20 **to 5.25** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S4) (S)(R)
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary. (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 4/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *American History X-Cellent:* Mr Burns gets sent to prison. (S)(R) **5.30** *The Great Wife Hope:* Marge campaigns against a combat sport. (S)(R) **6.00** *Chief of Hearts:* Homer strikes up a new friendship with Chief Wiggum. (S)(R) **6.30** *The Squirt and the Whale:* Lisa becomes attached to a beached whale. (S)(R)



5.00 The Simpsons

7.00 **The Office (US)** *Finale – Part One:* 24/25. Dwight and Angela's wedding has a special guest. (S)(R) **7.30** *Finale – Part Two:* 25/25. Last-ever episode of the comedy. Pam has a big surprise for Jim. (S9) (S)(R)
8.00 **Shark with Steve Backshall** 2/3. The naturalist learns about the sharks of the Indian Ocean, which face numerous threats from climate change, pollution and overfishing. (S)(R)(AD)
9.00 **Game of Thrones** *Lord Snow:* 3/10. Ned finally takes up his role in the king's court, but struggles to deal with the monarch's cunning advisers. Meanwhile, Tyrion's visit to the Wall reveals the men of the Night's Watch are in desperate need of reinforcement. (S)(R)(AD)
10.10 **Game of Thrones** *Cripples, B****rds and Broken Things:* 4/10. Ned searches for the truth about Jon Arryn's death, but is far from certain he can trust Pycelle or Littlefinger. (S1) (S)(R)(AD)
11.15 **Peacemaker** 7/8. An alien force closes in on Harcourt, Murn and Adebayo. (S)(R)(AD) **12.10** AM 8/8. The team must kill the cow before the aliens can teleport. (S1) (S)(R)(AD)
1.05 **An Idiot Abroad** From Machu Picchu in Peru. (S)(R)(AD)
2.05 **The Force: Manchester** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 4/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.30pm Scotcast (S)(R) **12.00m't** FILM Pirates of the Caribbean: Salazar's Revenge (S)(AD) (2017, 12, 120min) ★★★ **2.00am** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm If Walls Could Talk (S)(R) **11.10** UEFA Champions League Play-Off Highlights (S) **12.00m't** This Country (S)(R)(AD) **12.30am** This Country (S)(R)(AD) **1.00-1.30am** Scam Interceptors (S)(R)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
9.00-10.00pm Fake or Fortune? New edition (S)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Darn Bach o Hanes (AD) **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Hen Dy Newydd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Ffasiwn Drefn (AD) **6.30** Gwladfa: Gwilym Bowen Rhys **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Sgwrs Dan y Lloer **8.55** Newyddion a'r Tywydd **9.00** NEW Sioe Sir Benfro **9.30** Prosiect Pum Mil **10.30-11.35pm** Efaciwis

TV&Satellite week
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BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** Featuring the Spartan *High School Musical*. **7.30** Britain's greatest sailor suffers from seasickness.
7.55 **The Catch Up**
8.00 **Top Gear** Actor Mark Wahlberg is the Star in a Reasonably Priced Car.
9.00 **Billion Dollar Playground** 1/8. Australian reality show about service professionals working for wealthy clients. **9.55** 2/8. The team welcome guests to a $40 million mansion in Sydney.
10.40 **Pretty Little Liars: Summer School** *Spookyspaghetti.com:* 1/8. Drama spin-off starring Bailee Madison. **11.30** *Summer Lovin:* 2/8. The group try to make the most of their summer. (S1)
12.20 AM **Top Gear** As 8.00pm.
1.20 **Tommy: The Good. The Bad. The Fury** Double bill.
2.20 **Confessions of a Steroid Gang** Triple bill of editions.
3.50 **to 4.00** AM **Laugh Lessons**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** Entertainment landmarks.
7.30 **Handmade in Japan** The work of a family of potters.
8.00 NEW **Mystery of the Desert Kites** A look at the megastructures that stretch across the Arabian desert.
9.00 **Tribe** Bruce Parry joins the Kombai tribe of West Papua.
10.00 NEW **Stephen Poliakoff Remembers... Perfect Strangers** The writer looks back on his 2001 drama series *Perfect Strangers*.
10.15 **Perfect Strangers** 1/3. Stephen Poliakoff's drama starring Michael Gambon. A family reunion is held at a luxury hotel in London. **11.45** 2/3. Raymond begins to recover from his stroke, but finds himself haunted by images of his father and son. **12.45** AM 3/3. Daniel seeks to heal his aunt's pain. (S1)
2.15 **Fred Dibnah's Magnificent Monuments**
2.45 **to 3.15** AM **Handmade in Japan**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Cardiff.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Steven and Adeola in Stevenage need help deciding whether to sell or renovate their home.
6.55 **Grand Designs** Following a couple building a modern treehouse in Gloucestershire.
7.55 **The Dog House** A saluki puppy called Harry has the cutest kangaroo jumps, but it remains to be seen whether he will prove the perfect pooch for Charlie and Ali.
9.00 **Grand Designs Revisited** Kevin McCloud returns to Cornwall to see former skydivers Leigh and Richard's progress on the transformation of a derelict 17th century flour mill into a three-bedroom home.
10.00 **Location, Location, Location Australia** New edition Mitch guides basketball-playing couple Claire and Preston towards finding their first home.
11.05 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S2&3)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** A frantic Sienna turns to Dodger for help.
7.30 **The Simpsons** *The Burns and the Bees:* Mr Burns wins a professional basketball team in a poker game.
8.00 **Below Deck Sailing Yacht** New edition The primary charter guest hates the décor, so the deck team scramble to turn their sailing experience around.
9.00 **Celebs Go Dating** New edition *The Chase*'s Mark Labbett goes on a date.
10.05 **Gogglebox** Views on *MILF Manor* and *I Kissed a Girl*.
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **Celebs Go Dating**
3.30 **Below Deck Sailing Yacht**
4.25 **Young Sheldon**
5.15 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Wednesday primetime primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E: South Africa** Documentary.
10.00 **Brit Cops: Rapid Response**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 22/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 22/22. The team chase an oligarch on a terror spree. (S3)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Fire Country

7 PM
7.00 Nothing to Declare Double bill of the documentary following thre work of customs officers in Australia.

8 PM
8.00 The Equalizer *Chinatown:* 11/18. A Chinese-American restaurant owner is killed in a hate crime. (S2)

9 PM
9.00 Fire Country New episode *Keep Your Cool:* 4/20. The team have to execute an elevator rescue. (S3)
■ Entire series on Box Sets

10 PM
10.00 Matlock *Claws:* 5/19. A client puts Matlock to the test when his case opens old wounds. (S1)
11.00 Bull 5/22. (S6)
12.00 M'T **Law & Order: Organized Crime** 7/13. (S4)
1.00 AM **The Equalizer** 9/18. (S2)
2.00 FBI New episode 3/22. (S7)
3.00 FBI: International New episode 3/22. (S4)
4.00 Paramedics Australia
5.00 to 6.00 AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **True Blood** 5&6/12. (S4)
10.10 **Six Feet Under** (S4)
12.20 PM **Game of Thrones** (S1)
1.25 **Babylon Berlin** 7&8/12. (S3)
3.35 **True Blood** 5/12. Bill gets personally involved in the necromancy crisis. **4.40** 6/12. Sookie goes in search of Jason under the light of the full moon. (S4)
5.45 **Six Feet Under** 10/12. George invites Kyle to dinner, and Keith and David meet a couple who have adopted a child. (S4)

6.50 Six Feet Under

6.50 Six Feet Under *Bomb Shelter:* 11/12. Brenda decides that she wants a baby. (S4)
7.55 Game of Thrones *Lord Snow:* 3/10. Ned takes up his role in the king's court, but struggles to deal with the monarch's cunning advisers (S1)

9.00 The White Lotus *Abductions:* 6/7. Ethan grows suspicious of Cam, and Tanya gives Portia a warning about Jack. (S2)

10.15 True Detective *Church in Ruins:* 6/8. Ray, Ani and Paul draw closer to the killer, but struggle with their own problems. (S2)
11.25 The Sopranos 11/13. Tony suspects that Big Pussy is actually an informant. (S1)
12.30 AM **Succession** 1/9. Kendall plans his next move. (S3)
1.40 Dexter: New Blood 1/10.
2.50 Game of Thrones As 7.55pm.
3.55 to 6.00 AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Blacklist** 1/22. (S9)
9.00 **Stargate Atlantis** (S4)
11.00 **SEAL Team** 18/22. (S2)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** 9/21. (S14)
4.00 **S.W.A.T.** 4/22. Hondo crosses paths with an old flame. (S6)
5.00 **SEAL Team** 17/22. A bomb attack in Manila puts Jason and the unit in danger. (S2)
6.00 **Stargate Atlantis** 3/20. The team stumble upon survivors from Ronon's homeworld. (S4)

8.00 There's Something About...

7.00 Stargate Atlantis *Doppelganger:* 4/20. A crystalline entity invades the dreams of the *Atlantis* crew. (S4)

8.00 There's Something About Movies With Gemma Arterton, Guz Khan and Jonathan Ross.

9.00 FILM The Woman in Black: Angel of Death Horror sequel starring Helen McCrory and Jeremy Irvine. Evacuees and their teachers are tormented by the ghost of Eel Marsh House during World War Two. (2014, 15, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 Peacemaker 7/8. Harcourt, Murn, and Adebayo are surrounded by an alien force. **12.00** M'T 8/8. The team must kill the cow. (S1)
1.00 AM **An Idiot Abroad**
2.00 The Force: Manchester
3.00 NCIS: Los Angeles 9/21. (S14)
4.00 S.W.A.T. 4/22. (S6)
5.00 to 6.00 AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Celebrity Dinner Date**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt...**
12.00 NOON **Buying the View**
12.30 PM **Billie and Greg**
1.30 **The Only Way Is Essex**
2.30 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

9.00 Family Guy

7.00 Deal or No Deal Stephen Mulhern hosts as Chris takes on the Banker for the chance to win life-changing money.

8.00 The Bachelor Australia New edition The ladies go back to school for a debate about love at first sight and if it exists.

9.00 Family Guy 1/20. Brian proposes marriage to a woman called Jess. **9.30** 2/20. Stewie and Chris take up vaping. (S17)

10.00 Family Guy 16/20. The show is re-imagined. **10.30** 17/20. Stewie's body swapping machine malfunctions. (S16)
11.05 Family Guy 18/20. Peter promotes a brewery. (S16)
11.35 American Dad! Double bill.
12.35 AM **Bob's Burgers** (S11)
1.05 Karaoke Club: Drag Edition
2.05 Totally Bonkers Guinness World Records
2.30 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *Thicker Than Water.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Death in Chorus:* A choir member is killed before a competition.
5.50 **Heartbeat** *What the Butler Saw:* When a gamekeeper is injured in a shooting incident, suspicion falls on his disgruntled predecessor.

6.55 Heartbeat

6.55 Heartbeat *Affairs of the Heart:* Nick and Jo's wedding day arrives, but he has trouble getting to the church on time.

8.00 Vera *Changing Tides:* The detective investigates a fire that rips through a holiday park on the coast, destroying three cabins and claiming the life of the resort owner's sister.

10.00 Law & Order: UK *Buried:* 5/7. The bones of an eight-year-old boy who disappeared 25 years ago are found. (S1)
11.00 Law & Order: UK 6/7. A Turkish social club is burned to the ground and 17 people die in the arson attack. (S1)
11.50 Trigger Point 4/6. Alex contacts the police. (S2)
12.50 AM **Malpractice** 3/5. (S1)
1.55 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** Homes in the central region.
8.00 **This Farming Life** Robert calls out the vet for a ewe in urgent need of care on his croft.
9.00 **Highland Cops** Officers try to locate a bushcraft expert reported missing in Sutherland.
10.00 **River City** New episode A distraught Caitlin is consoled by Sam.
10.30 **Gary: Tank Commander** 2/6. The lads defy orders while transporting a tank back to the barracks. (S2)
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Scandals That Shocked Scotland** Events leading to the trial of Paul Ferris.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **The Conners** (S2)
10.00 **The Office (US)** (S9)
11.00 **Sex and the City** (S2)
12.20 PM **Girls** 3&4/10. (S5)
1.30 **Sex and the City** (S2)
2.40 **Girls** 5&6/10. (S5)
4.00 **The Office (US)** (S9)
5.00 **Will & Grace** (S1)
6.00 **The Conners** (S2)
7.00 **The Office (US)** (S9)
8.00 **Will & Grace** 5/22. Karen is made an honorary drag queen. **8.30** 6/22. Will is hiding something. (S1)
9.00 **Entourage** 5/14. Vince's picture appears on the cover of *Variety* magazine. **9.35** 6/14. Vince runs short of cash. (S2)
10.15 **Brett Goldstein: Second Best Night of Your Life**
11.35 **Sex and the City** (S6)
1.10 AM **Girls** 5&6/10. (S5)
2.30 **Hung** 1&2/10. (S2)
3.50 **The Rehearsal** (S2)
4.25 **to 5.00** AM **Flight of the Conchords**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **South Bank Show**
6.30 **Academy of Ancient Music: Vivaldi's Four Seasons**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Alfred Hitchcock Presents** Double bill.
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Van Gogh by Vincent**
3.00 **Stories from Tate Britain**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Presents** Double bill.
8.00 **Battle of the Bagpipes**
9.00 **Wonderland: Gothic**
10.00 **I Am Burt Reynolds**
11.45 **Art's Wildest Movement: Mannerism**
12.45 AM **Comedy Legends**
1.45 **The V&A Presents Alice**
3.40 **Inside Art**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** *Contagion:* 11/22. The ship's computers are struck by a mysterious virus. (S2)
8.00 **Star Trek: Deep Space Nine** 21/26. (S3)
9.00 **The Rookie** (S5)
11.00 **Grimm** 19/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Wheel of Fortune** Game show hosted by Graham Norton.
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Wheel of Fortune** Game show hosted by Graham Norton.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 8/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 7&8/23. (S3)
12.00 NOON **Highway to Heaven** 3/24. (S2)
1.00 PM **Father Dowling Mysteries** 13/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 11&12/20. (S9)
9.00 **Randall and Hopkirk (Deceased)** *Never Trust a Ghost:* 4/26. Marty is certain he has witnessed a murder – even though the victim is still alive. (S1)
10.00 **The New Avengers** (S1)
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S9)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 21/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.20 **Minder**
7.20 **Kojak**
9.30 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.30 PM **The Memoirs of Sherlock Holmes** *The Cardboard Box.*
1.45 **Kojak** Double bill.
3.45 **Magnum, PI** *Double Jeopardy:* Thomas meets a movie star.
4.55 **Magnum, PI** *The Last Page:* A Vietnam veteran needs help.
5.55 **Minder** *The Great Depression of 1994:* Arthur gives one punter a £500 discount.

9.00 Sudden Impact

7.00 **The Motorbike Show** Henry Cole interviews Enduro legend David Knight, and meets the Norton racing team.
8.00 **The Chase Celebrity Special** Raj Bisram, Danielle Harold, John Conteh and Roger Black take part for their charity.
9.00 **FILM Sudden Impact** Thriller starring Clint Eastwood and Sondra Locke. Tough detective 'Dirty Harry' Callahan goes on the trail of a rape victim turned killer. (1983, 18, 117min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 **Wrestling: AEW Collision** Featuring stars including FTR, Thunder Rosa and Jon Moxley.
1.20 AM **LIV Golf Highlights** Action from the penultimate event of the season in Indianapolis.
2.20 **The Protectors**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 8/20. (S1)
2.00 **Primeval** 2/10. (S3)
3.00 **Stargate Atlantis** 12/20. (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: Deep Space Nine** 8/20. Dax is accused of committing murder. (S1)
6.00 **Star Trek: Enterprise** 22/22. Last-ever episode. The ship heads back to Earth. (S4)

6.00 Star Trek: Enterprise

7.00 **Primeval** 2/10. Jenny, Connor and Abby battle a creature that blends into its surroundings. (S3)
8.00 **Stargate Atlantis** *Echoes:* 12/20. Dr Beckett is puzzled by the sudden disappearance of a medical team. (S3)
9.00 **The Leftovers** *Crazy Whitefella Thinking:* 3/8. Kevin Sr wanders the Australian Outback. (S3)
10.00 **The Walking Dead** *Promises Broken:* 7/24. Maggie and Elijah learn a new survival tactic from Negan. (S11)
11.00 **FILM Lavalantula** Fantasy thriller with Steve Guttenberg. Gigantic fire-breathing spiders wreak havoc on Los Angeles. (2015, 15, 81min) ★★
1.00 AM **FILM Lavalantula** As shown at 11.00pm. (2015, 15, 81min) ★★
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 22/23. (S1)
11.00 **Hudson & Rex** 12/20. (S5)
12.00 NOON **Miss Scarlet** 4/6. (S5)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 22/23. (S1)
5.00 **Hudson & Rex** 12/20. When a physiotherapist is murdered, the team investigate victims of his alleged sexual assaults. (S5)
6.00 **Father Brown** *The Quill of Osric:* A novelist is attacked at a crime-writing festival.

9.00 Mudtown

7.00 **Miss Scarlet** *The Deal:* 4/6. Eliza's life is turned upside down when she is dragged into a missing persons case. (S5)
8.00 **Death in Paradise** *Erupting in Murder:* 1/8. Humphrey investigates the death of a scientist studying a volcano. (S6)
9.00 **NEW SERIES Mudtown** 1/6. Drama starring Erin Richards and Tom Cullen. *See feature, page 12.* (S1) ■ Entire series on Box Sets
10.00 **Father Brown** *The Flower and the Fairway:* The locals are unhappy when an ostentatious American opens a golf club near Kembleford – only for a body to turn up in the reeds.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 13/14. (S1)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
8.35 **Last of the Summer Wine**
9.55 **Are You Being Served?**
10.30 **Porridge**
11.10 **Last of the Summer Wine**
12.30 PM **Keeping Up Appearances**
1.10 **I Didn't Know You Cared**
1.50 **Dad's Army**
2.30 **Porridge**
3.10 **Last of the Summer Wine**
4.30 **dinnerladies**
5.10 **Are You Being Served?**
5.50 **Dad's Army**
6.30 **Porridge**

7.10 The Vicar of Dibley

7.10 **The Vicar of Dibley** Festive special from 1997. Geraldine plays Cupid in her efforts to bring Alice and Hugo together.
8.00 **Red Dwarf** Lister encounters old flame Kristine Kochanski. **8.40** The ship's generator breaks down, sending the crew into a blind panic.
9.15 **The Vicar of Dibley** The villagers decide to set up a radio station.
9.55 **Not Going Out** Lee is persuaded to pretend to be Tim in front of Kate's Australian friend Ruth. **10.35** Lee feels stressed after agreeing to give Kate driving lessons.
11.15 **The Office** David and his team celebrate Red Nose Day.
11.55 **The Vicar of Dibley**
12.35 AM **Not Going Out**
1.55 **The Office**
2.40 **Here We Go**
3.10 **to 4.00** AM **Are You Being Served?**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Train Truckers**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Train Truckers**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** A visit to Europe's largest tea plantation. **5.30** Rick visits one of the UK's last live cattle markets.
6.00 **Hairy Bikers' Best of British** The duo take a look at the history behind famous dishes.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You?** With Lorraine Kelly, Dara O Briain, Barry Cryer and Sue Perkins. **7.40** **Richard Osman's House of Games** With Denise Lewis and Isy Suttie. **8.20** Contestants include Anton Du Beke and Jessica Fostekew.
9.00 **QI XL** Sandi Toksvig celebrates the BBC's 100th birthday, with Greg James, Zoe Lyons, Richard Osman and Alan Davies.
10.00 **Have I Got a Bit More News for You** Clive Myrie hosts the satirical quiz, with Jon Richardson and Marianna Spring.
11.00 **Taskmaster** David Baddiel steers some heavy machinery.
12.00 M'T **Mock the Week** With Angela Barnes and Ed Byrne.
12.40 AM **Would I Lie to You?**
2.00 **Hate Thy Neighbour**
2.55 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Wednesday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Supercruising: Life at Sea** Documentary.
8.00 **The Big Pound Shop Swap** A family swap their luxury supermarket for a discount store.
9.00 **24 Hours in A&E** A 22-year-old carer collapses at work.
10.00 **FILM The Electrical Life of Louis Wain** Biopic starring Benedict Cumberbatch. (2021, 12, 111min) ★★★★
12.10 AM **FILM The Favourite** Comedy drama. (2018, 15, 119min) ★★★★★
2.35 **Our Farm Next Door: Amanda, Clive and Kids**
3.35 **Our Tiny Islands**
4.30 **to 5.00** AM **Britain's Most Expensive Houses**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 18-20/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Power Down:* 8/24. The body of a US Navy lieutenant is found. **7.00** *Child's Play:* 9/24. The agents investigate a government organisation that is dedicated to child prodigies. (S7) **8.00** *Faith:* 10/24. A Marine is killed after changing his religious persuasion. (S7)
9.00 **Criminal Minds** New episodes *Dust and Bones:* 7/22. The agents are sent to Austin, Texas. **10.00** *Neon Terror:* 8/22. A suspect sends the media footage of his crimes. (S13)
11.00 **Law & Order: Special Victims Unit** (S18)
12.55 AM **The Resident**
2.45 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Fare Dodgers: At War with the Law**
10.00 **Murder 360** New edition A mother is ambushed.
11.00 **Broadmoor: For the Criminally Insane**
12.00 M'T **Banged Up Abroad**
1.00 AM **My Lover, My Killer**
2.00 **GPs: Behind Closed Doors** Medical series.
2.50 **Casualty 24/7: Every Second Counts**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
2.05 PM **FILM Day of Anger** Western with Lee Van Cleef and Walter Rilla. (1967, 15, 95min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Traffic Cops** An insight into the working life of officers patrolling the nation's roads.
10.00 **Police: Suspect No 1** Detectives try to bring down the Norfolk-based Lewis drugs gang.
11.35 **MacGyver** 13/21. (S1)
12.35 AM **Behind Bars: World's Toughest Prisons** Documentary.
1.40 **Warship: Life in the Royal Navy**
2.40 **Trucking Hell**
3.35 **to 4.00** AM **Highway Patrol**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The contestants face off in a Mystery Box Challenge – with a huge twist.
8.00 **Inside the Ambulance at Christmas** Lee and Nicole help a baby who has suffered a seizure.
9.00 **One Born Every Minute** A couple await the arrival of their fifth son. **10.00** A woman carrying triplets is booked for an emergency Caesarean.
11.00 **999 Rescue Squad**
1.00 AM **Hashtag Murder**
2.00 **to 3.00** AM **Louis Theroux's Forbidden America**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.40 **Classic Holby City**
10.45 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **Tenko**
3.15 **The Doctor Blake Mysteries** 6/8. (S3)
4.15 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Grim Reaper.*
9.00 **Sister Boniface Mysteries** *The Book of Shadows:* 4/12. Sister Boniface investigates a coven of witches. (S2)
10.00 **New Tricks**
11.20 **Spooks** 5/10. (S5)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Waiting for God**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip**
9.00 **1000-lb Roomies** New edition Nesha plans a glamping trip to cheer up Jaz, Nesha and Jol go on their very first date and tensions increase between the roomies.
10.00 **Dr Pimple Popper** Drag queen Tameru is covered in cysts on his chest, arms and neck.
11.00 **Dr Pimple Popper** John fears the lump on his neck may suffocate him.
12.00 M'T **Help! My House Is Haunted** Reality series.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill of the darts-based quiz.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Double bill. of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Cops Uncut**
9.00 **Wanted: Dead or Alive**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Tombstone Territory** As 6.00pm.
1.00 PM **FILM The Quick Gun** Western drama. (1964, PG, 87min) ★★
3.00 **FILM Ten Wanted Men** Western with Randolph Scott and Richard Boone. (1955, U, 80min) ★★★
5.00 **Wanted: Dead or Alive**
6.00 **Tombstone Territory**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Blowback** Thriller starring Randy Couture. (2022, 15, 93min) ★★
11.05 **FILM Hours** Thriller starring Paul Walker. (2013, 12, 93min) ★★
1.15 AM **FILM Seattle Superstorm** Disaster movie. (2012, PG) ★★
3.10 **to 5.00** AM **Cops Uncut**
+1hour 324 319

GREAT! movies
321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Saving Lives at Sea**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: The Mask Murders** Thriller. (2018, PG, 84min) ★★
1.00 PM **FILM Pregnant and Alone** Drama. (2020, PG, 89min) ★★
2.55 **FILM The Killer Trainer** Thriller. (2018, 12) ★★
5.00 **FILM Dying for the Crown** Thriller. (2018, PG, 89min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Maid in Manhattan** Romantic comedy. (2002, PG, 105min) ★★★
11.15 **FILM A Night to Regret** Drama. (2018, 12) ★★
1.20 AM **FILM Killer Mom** Thriller. (2017, 12) ★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Run to Me** Thriller. (2016, PG, 100min) ★★
+1hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Listen Out for Love** Romantic comedy. (2022, PG, 88min) ★★
10.05 **FILM Love, Take Two** Drama. (2019, PG) ★★
12.00 NOON **FILM Love's Second Chance** Drama. (2020, PG, 120min) ★★
2.00 PM **FILM Cabin Connection** Drama. (2022, PG, 89min) ★★
4.05 **FILM The Vows We Keep** Drama. (2021, U) ★★
6.00 **FILM The Wedding Rule** Comedy. (2023, U) ★★
8.00 **FILM A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
9.55 **FILM Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
11.55 **FILM A Very Country Wedding** Drama. (2019, PG, 90min) ★★
2.05 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Cabin Connection** Drama. (2022, PG, 89min) ★★
+1hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 19/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Thick as Thieves**
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **The Blue and the Gray**
3.45 **Auto Rewind**
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 7/7. (S1)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S5)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of...**
9.00 **Brass** 1&2/13. (S1)
10.00 **Game On** 1/6. (S2)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM The Amazing Transparent Man** Sci-fi. (1960, PG, 60min) ★★
1.20 **Brass** 1&2/13. (S1)
2.20 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Yukon Men**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters** A one-tonne digger is moved down a 20-metre deep mine shaft.
6.00 **Outback Opal Hunters** The Fire Crew close in on a new deposit of precious black opal.
7.00 **Deadliest Catch** A storm wreaks havoc on tides.
8.00 **Deadliest Catch** The Coast Guard attempt a rescue mission.
9.00 **Tiny House, Big Living**
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Jamie's Easy Meals for Every Day**
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Veg**
10.00 **The Hairy Bikers' Northern Exposure**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Veg**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Hairy Bikers Go North**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 7/24. (S8)
9.00 **The Fall Guy** 6/22. (S3)
10.00 **Knight Rider** 21/22. (S4)
11.00 **FILM Collision Earth** Sci-fi. (2011, 12) ★★
1.00 PM **FILM The Poseidon Adventure** Disaster movie. (1972, PG, 117min) ★★★★★
3.15 **FILM The Curse of the Mummy's Tomb** Horror. (1964, 15, 80min) ★
5.00 **Star Trek** 21/24. (S3)
6.00 **Knight Rider** 21/22. (S4)
7.00 **The Fall Guy** 7/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM King Arthur** Action adventure. (2004, 12, 126min) ★★★
11.30 **FILM Robin Hood: The Rebellion** Adventure. (2018, 12, 92min) ★
1.20 AM **FILM Vehicle 19** Thriller. (2013, 12) ★★
3.05 **to 4.50** AM **FILM Smokey and the Bandit III** Comedy adventure. (1983, 15, 80min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Crack in the World** As 5.00pm.
8.00 **FILM MacShayne: Final Roll of the Dice** Drama. (1993, PG, 88min) ★★
10.00 **Andromeda** 4/22. (S1)
11.00 **FILM Magma: Volcanic Disaster** Disaster movie. (2006, PG, 87min) ★★
1.00 PM **FILM Warbirds** Sci-fi war drama. (2008, 15, 87min) ★★
3.00 **Andromeda** 4/22. (S1)
4.00 **The A-Team** 22/23. (S4)
5.00 **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
7.00 **Andromeda** 5/22. (S1)
8.00 **The A-Team** 23/23. (S4)
9.00 **FILM Nowhere to Run** Romantic action thriller. (1993, 15, 95min) ★★
10.55 **FILM A Kiss Before Dying** Thriller. (1991, 18, 90min) ★★
1.00 **to 3.00** AM **FILM Nowhere to Run**
+1hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **Evidence of the Unexplained**
11.10 **Weird or What?**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **MonsterQuest**
10.00 **Skinwalker: The Howl of the Rougarou**
11.35 **On the Trail of Bigfoot**
1.20 AM **National Park Mysteries** Documentary.
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Thailand.
12.00 NOON **Our Family Farm Rescue with Adam Henson**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill..
8.00 **Ben Fogle: New Lives in the Wild** Ben meets the first Norwegian woman to climb Everest.
9.00 **Portugal with Michael Portillo** The presenter visits the cities of Coimbra and Aveiro.
10.00 **Into the Amazon with Robson Green**
11.00 **Prisoner: Cell Block H**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Chasing The West** New edition Phoenix-based TV reporters learn the ropes of buying and running a ranch.
10.00 **Home Town** New edition Transforming a historic home's backyard.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper**
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Documentary.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
9.00 **1000-lb Sisters**
10.00 **Dr Pimple Popper**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
3.00 **Body Bizarre**
4.00 **Sister Wives**
5.00 **Extreme Couponing**
5.30 **to 6.00** AM **Extreme Cheapskates**
+1hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Last Man Standing** (S7)
11.00 **Everybody Loves Raymond** 13-16/24. (S6)
12.55 PM **Last Man Standing**
1.50 **Friends** (S8&9)
8.00 **Friends** 11/24. Rachel meets her work stand-in. **8.30** 12/24. Gavin surprises Rachel. (S9)
9.00 **FILM The 40-Year-Old Virgin** Comedy starring Steve Carell. After a shop worker admits he is still a virgin to his colleagues, they try to rectify the situation. (2005, 15, 116min) ★★★★
11.15 **Whose Line Is It Anyway? USA**
12.15 AM **South Park** (S15)
1.45 **Broad City** (S4)
2.45 **Russell Howard: Wonderbox**
3.30 **Beavis and Butt-Head**
3.45 **Your Face or Mine**
4.10 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
9.30 **Most Ridiculous Ever!**
10.00 **Daria** 6&7/13. (S4)
10.55 **Friends** (S10)
1.20 PM **Impractical Jokers**
2.10 **Daria** 8&9/13. (S4)
3.05 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** 7/22. Mandy sets her sights on a vacation. **6.30** 8/22. Kyle is moved to HR. (S7)
7.00 **Everybody Loves Raymond** 13-16/24. (S6)
9.00 **South Park** (S1, 5&6)
12.00 M'T **Beavis and Butt-Head** (S7)
2.00 AM **Key & Peele** (S3)
3.00 **Teachers** 17&18/22. (S2)
3.45 **Jack Whitehall: CC Live**
4.05 **David O'Doherty: Live**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare UK**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure** 2&3/13. (2)
2.00 PM **The Force: Manchester**
3.00 **Border Security: America's Front Line**
4.00 **Border Patrol**
6.00 **Blood & Treasure** (S2)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **SurrealEstate** (S2)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Dingle to Dover**
2.00 **Duck Quacks Don't Echo** With Ed Byrne.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
9.00 **Catfish: Teams**
10.00 **Catfish: The TV Show**
3.00 PM **Catfish: Catch Of The Day** Reality series.
4.00 **Catfish: The TV Show**
6.00 **Dallas Cowboys Cheerleaders**
7.00 **Laguna Beach: The Real Orange County**
8.00 **Ghosted: Love Gone Missing** Reality series.
9.00 **NEW Geordie Stories: Nathan & Dad**
10.00 **Caught in the Act: Unfaithful** New edition
11.00 **Ex on the Beach**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Railroad Alaska**
9.00 **Dual Survival**
11.00 **Kindig Customs**
12.00 NOON **Bad Chad Customs**
1.00 PM **Gold Divers** Double bill.
3.00 **Gold Rush** Rick departs for some urgent business. **4.00** The future of Tony Beets' dynasty hangs in the balance.
5.00 **Building Off the Grid** A family build an oceanfront oasis on the slopes of Maui.
6.00 **Baggage Battles** In Nashville. **6.30** In Austin, Texas.

9.00 Street Outlaws...

7.00 Wheeler Dealers: Dream Car Mike and Elvis try to trade their way to a dream Audi Q7 for engineer Aaron.

8.00 Roadworthy Rescues Derek tries to convert a 1966 Oldsmobile F-85 into a timeless cruiser.

9.00 Street Outlaws: Locals Only New edition Las Vegas locals show off their wheelies.

10.00 Roadworthy Rescues New edition Derek is keen to create a tribute to the early days of NASCAR.

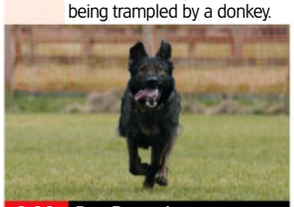
11.00 **Buying Alaska** Double bill of the documentary series.
12.00 M'T **Moonshiners**
1.00 AM **Street Outlaws: Locals Only** As 9.00pm.
2.00 **Roadworthy Rescues**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Predators Up Close with Joel Lambert**
10.00 **Tanked**
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Flying Wild Alaska**
5.00 **Lone Star Law** The wardens find a new home for a bobcat.
6.00 **Dr Jeff: Rocky Mountain Vet** Xena the German shepherd has suffered head injuries after being trampled by a donkey.



8.00 Dog Detectives

7.00 Treehouse Masters Pete Nelson designs private treetop escapes for those who wish to reconnect with nature.

8.00 Dog Detectives New explosives detection dog Pip is on duty at Aston Villa's football ground.

9.00 Alaska: The Last Frontier Following the lives of Alaskan family the Kilchers.

10.00 Mountain Monsters The team look for a bear-like creature known as the Silver Giant, and build their largest trap ever.

11.00 **Pit Bulls & Parolees** A look at the dogs that had a major impact on Tia's family.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives** A high-speed car chase.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Amsterdam Central 24/7**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S.**
2.00 PM **Hitler's Secret Attack on America** Operation Drumbeat.
3.00 **Lost Ships of WW2**
4.00 **Draining the Bermuda Triangle** Documentary.
5.00 **Car S.O.S.** The duo work to restore a 1986 Rover SD1.
6.00 **Hitler's Last Stand** A non-combat adjutant ends up commanding on the front line.

6.00 Hitler's Last Stand

7.00 Air Crash Investigation The crash of a German plane flying over the French Alps, which began losing altitude.

8.00 Car S.O.S. Tim Shaw and Fuzz Townshend work to restore a Volkswagen Beetle that has dragged its owner into bankruptcy.

9.00 Car S.O.S. The boys take on one of the worst cars they have ever seen – a very rusty 1965 Mustang.

10.00 Construction Fails A ship breaks a Baltimore bridge, a Dutch stadium loses its top and a Manhattan crane catches fire.

11.00 **Air Crash Investigation**
12.00 M'T **Naming the Dead**
12.50 AM **To Catch a Smuggler**
1.50 **Abandoned** The team search a former bank.
2.20 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There**
1.00 PM **Death Coast**
2.00 **Deadman's Curse**
3.00 **Secret Societies: In the Shadows** The Knights Templar.
5.00 **Contraband: Seized at Sea** Marine agents prepare to encounter human traffickers.
6.00 **American Pickers** The brothers search a photographer's stash.

10.00 Deadman's Curse

7.00 Forged in Fire Previous champions battle for the chance to compete against one of the titans of the forge.

8.00 Secrets of Great British Castles Exploring the history of Carrickfergus Castle in Co Antrim.

9.00 Death Coast New edition Jeff Mackinnon and the team move further beyond the breakers in search of the *Neptune*.

10.00 Deadman's Curse New edition A claim that Slumach's gold was found and mined in the 1980s.

11.00 **The UnBelievable with Dan Aykroyd** Using human bones as a 'miracle cure' for gout.
12.00 M'T **Evil Encounters** The spotlight falls on the legend of the Mothman.
12.55 AM **The Proof Is Out There**
1.50 **Death Coast** As 9.00pm.
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Nazi Hunters**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Nazi Hunters** How Martin Bormann was tracked down.
5.00 **War Factories** The story of the arms race to create America's nuclear arms factories.
6.00 **Antiques Roadshow** The experts visit Newstead Abbey in Nottinghamshire.

9.00 Operation Arctic

7.00 Simon Reeve's South America The adventurer travels to the vast white salt flats of Bolivia and on to the heart of Paraguay.

8.00 Australia with Simon Reeve The adventurer begins a journey across the country, beginning in the Northern Territory.

9.00 Operation Arctic Series finale Gordon Buchanan visits a Canadian town that is home to polar bears.

10.00 Bangers & Cash Dave meets the inspirational owner of a Reliant Robin who's selling it to raise money for charity.

11.00 **Billy Connolly Does...** The comedian ruminates about dream locations, nightmare family holidays and travel tips.
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team restore a baize-covered card table.
8.00 **The Yorkshire Auction House** An impressive art deco collection.
9.00 **The Yorkshire Auction House** A collection of Victorian bottles.
10.00 **The Yorkshire Auction House** Selling CB radios.
11.00 **How Do They Do It?**
1.00 AM **Fifth Gear Recharged**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **10 Steps to Murder**
8.00 **Murder on CCTV**
9.00 **911: Did the Killer Call?** New edition
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **The Murder of Caroline Crouch A Faking It Special**
1.00 AM **The Murder of Gabby Petito: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **The Hunt For the Chameleon Killer** A gruesome 1990 murder in Florida.
8.00 **Killers: Caught on Camera** Four murders and a manhunt have a dramatic ending.
9.00 **Murder: First on Scene** A perplexing murder scene in Derbyshire.
10.00 **Prosecuting Evil with Kelly Siegler** The search for a missing student yields no returns until a shocking discovery.
11.00 **The Truth About My Murder** Double bill.
1.00 AM **Murder: First on Scene** As 9.00pm.
2.00 **Prosecuting Evil with Kelly Siegler**
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Evidence of Evil**
4.00 **Medical Detectives** Evidence is washed away from two victims in an irrigation canal. **4.30** Police discover the downside to behavioural profiling. **5.00** Blood evidence contradicts a man's story about his wife's murder. **5.30** Using science to find the killer of a battered teenager. **6.00** Investigators use evidence found inside a submerged car to track down the missing driver. **6.30** A reported suicide turns out to be much worse than it seems.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highlights**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That Shocked the Nation**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That...**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killer in My Village**
10.00 **Richard Ramirez: The Night Stalker Tapes**
11.15 **Who Killed Jill Halliburton Su?**
12.20 AM **Killing Mum and Dad**
1.15 **Murders That...**
2.10 **Killer in My Village**
3.05 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Heroes of the Somme** Documentary.
9.35 **HMS Invincible: Digging Up Britain's Past**
10.35 **WW2: Battle of Crete**
11.50 **Jungle War**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Heroes of the Somme**
2.55 **HMS Invincible: Digging Up Britain's Past**
4.00 **WW2: Battle of Crete**
5.10 **Jungle War**
6.15 **Heroes of the Somme**
7.35 **HMS Invincible: Digging Up Britain's Past**
8.40 **WW2: Battle of Crete** An evacuation mission that cost the lives of almost 1,000 soldiers.
9.50 **Jungle War** Examining jungle warfare tactics.
10.55 **HMS Invincible: Digging Up Britain's Past**
12.00 M'T **WW2: Battle of Crete** Documentary.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM | VIRGIN HD | FREEVIEW HD | FREESAT HD | FREELY | EE HD

WEDNESDAY

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Denzel...**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Janet Jackson**
11.00 **Burden of Proof: Who Killed Jennifer Pandos?**
12.00 NOON **Val** Documentary.
2.00 PM **Germanwings: What Happened on Flight 9525?**
3.50 **My Icon: Anthony Joshua**
4.00 **Discovering: Denzel Washington**
5.00 **The Directors**
6.00 **The Sixties**
7.00 **Burden of Proof: Who Killed Jennifer Pandos?** 3/4.
8.00 **The Man Who Bought Cricket**
9.00 **Amsterdam Narcos** New edition 2/3. How the Dutch city became the drug capital of Europe.
10.00 **Fatboy Slim: Right Here, Right Now** Documentary.
11.50 **100 Foot Wave**
12.50 AM **FILM Bobby** Documentary. (2016, PG, 95min) ★★★★
2.50 **Dear Ms: A Revolution in Print**
5.00 **to 6.00** AM **Discovering: Denzel Washington**

Sky Nature

145 113/114 189 354 369

6.00 AM **Cub Camp**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Wild Animal Babies**
10.00 **Jaguar Journals**
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary.
12.00 NOON **Reef Wrecks**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Wild Animal Babies**
4.00 **Jaguar Journals**
5.00 **Shadowlands**
6.00 **Reef Wrecks**
7.00 **Monkey Life** Double bill.
8.00 **Shark with Steve Backshall** The sharks of the Indian Ocean.
9.00 **Seasons of the Wild**
10.00 **Reef Wrecks** The Bahamas.
11.00 **Shadowlands**
12.00 M'T **Ningaloo: Australia's Ocean Wonder**
1.00 AM **Cub Camp**
2.00 **Shark with Steve Backshall**
3.00 **Seasons of the Wild**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Wild Animal Babies**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Great Escapes with Morgan Freeman**
9.00 **Digging Up Britain's Past**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Great Escapes with Morgan Freeman**
2.00 **Digging Up Britain's Past**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **Lost Worlds**
6.00 **Celts: The Untold Story**
7.00 **What on Earth?**
8.00 **Great Escapes with Morgan Freeman** A determined prisoner's quest for freedom.
9.00 **The UnXplained with William Shatner** The host contemplates whether it is possible that bones hold some sacred power.
10.00 **Secrets in the Ice**
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Ross Kemp: Mafia and Britain** Documentary.
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Exhumed: Killer Revealed** A new mother is found dead in her apartment.
1.00 PM **Murder By Medic**
2.00 **Judge Rinder's Crime Stories**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Robbie Coltrane's Critical Evidence** Dennis Smalley.
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **TikTok Star Murders**
11.00 **Last Night Out**
12.00 M'T **Murder By Medic**
1.00 AM **An Hour to Kill**
2.00 **Imperfect Murder**
3.00 **Exhumed: Killer Revealed**
4.00 **Robbie Coltrane's Critical Evidence** Dennis Smalley.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Last of the Giants: Wild Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Wild Yellowstone: Fire & Ice**
3.00 **America's National Parks**
4.00 **Secrets of the Zoo: North Carolina**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **NEW Hunters of the Reef** Following life in a tropical reef.
8.00 **Africa's Deadly Kingdoms** Exploring the reef systems on Africa's southern coastline.
9.00 **Shark Alley** One of the biggest feeding frenzies on Earth.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** The team head deep into the Nicaraguan jungle.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** The SR-71 Blackbird, a plane capable of reaching an altitude of 80,000ft and speeds of more than Mach 3.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **The 1980s: The Deadliest Decade** The case of 24-year-old Diane Delia, whose body was found in the Hudson River.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Six editions.
7.00 **The Architecture the Railways Built** Tim Dunn uncovers the secrets of London's Charing Cross Station. He also looks at the modern wonder of the Ordsall Chord in Manchester. **8.00** Tim heads underground at the Victorian Bramhope Tunnel in West Yorkshire, one of the longest tunnels in Britain when it was built. **9.00** Tim visits Huddersfield's Grade I listed station and examines the station's clock. **10.00** Tim is given special access to Wingfield, one of the oldest surviving railways. **11.00** Tim takes to the tracks in Newcastle to explore a city rich in railway architecture.
12.00 M'T **The Architecture the Railways Built** Six editions.
5.20 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Living a Nightmare**
9.00 **Who Killed Jane Doe?**
11.00 **Home Sweet Homicide**
1.00 PM **The 1990s: The Deadliest Decade** Double bill.
3.00 **Caught in the Net**
5.00 **The Lies That Bind**
7.00 **Disappeared** Focusing on the case of 19-year-old Connecticut man Angel Garcia, who went missing in October 2011 after riding his dirt bike. **8.00** A look into the case of Macin Smith. When the 17-year-old failed to return from school, his parents feared for his safety and a note hidden in his wallet increased their torment.
9.00 **Road Rage** A rageful driver crashes into a building. **9.30** Truckers fight off angry drivers, and a furious woman chases down another driver.
10.00 **Exposed: Naked Crimes**
11.00 **Good Cop, Bad Cop**
12.00 M'T **I Went Undercover**
2.00 AM **The Lies That Bind**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** The crew revive a 1924 LaFrance fire engine.
9.00 **Richard Hammond's Big** Richard joins the crew of the *Marie Maersk* container ship.
10.00 **Bad Chad Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Trans Am**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **The Sloth Lane** Animated adventure. (2024, PG, 90min)
8.15 **Saturday Night** As 10.15pm.
10.05 **Rumours** Horror comedy. (2024, 15, 104min) ★★★
11.55 **The Thicket** Western. (2024, 15, 108min) ★★★
1.45 PM **The Mountain** Comedy. (2024, PG, 89min) ★★★★
3.20 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.00 **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★

3.20 Wicked

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. With Russell Crowe and Ariana Debose. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

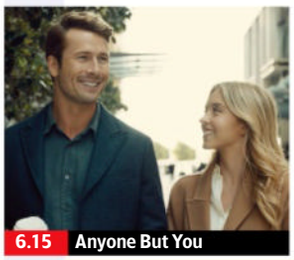
10.15 Saturday Night Comedy drama starring Gabriel LaBelle. During the build-up to the first broadcast of *Saturday Night Live*, comedians and writers prepare to change TV forever. (2024, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
2.00 **September 5** Thriller. (2024, 15, 95min) ★★★★
3.50 **The Room Next Door** Drama. (2024, 12, 102min) ★★★★
5.50 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Hits

303 303 403 503 517

6.50 AM **Young Guns II: Blaze of Glory** (1990, 15) ★★★
8.35 **Lost in Translation** (2023)
10.20 **Trolls Band Together** Animation. (2023, U) ★★★
11.55 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
2.45 PM **Lost in Translation** Drama. (2003, 15, 102min) ★★★★★
4.30 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
6.15 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★



6.15 Anyone But You

8.00 Tropic Thunder Spoof war movie directed by and starring Ben Stiller, with Robert Downey Jr and Jack Black. A group of actors are dropped into a Southeast Asian jungle to film a war movie. (2008, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Blades of Glory Sports comedy starring Will Ferrell and Jon Heder. Two ice skating rivals who have been banned from the sport for life team up as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Saturday Night Fever** Dance drama starring John Travolta. (1977, 18, 119min) ★★★★
1.35 AM **Knocked Up** Comedy. (2007, 15, 129min) ★★★★
3.45 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
5.30 **to 7.15** AM **Insidious** Thriller. (2010, 15, 103min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **The Sons of Katie Elder**
9.15 **Oh! What a Lovely War** Musical. (1969, PG, 144min) ★★★★
11.50 **Speak Like a Child** As 6.30pm.
1.20 PM **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
3.20 **Boy Meets Boy** Romantic drama. (2021, 15, 75min) ★★★
4.50 **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★

6.30 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★
8.00 **Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
10.00 **Grease 2** Musical sequel with Maxwell Caulfield and Michelle Pfeiffer. (1982, PG, 109min) ★★
12.00 M'T **Drift** Drama with Cynthia Erivo. (2023, 15, 93min) ★★★★

1.40 AM **The Sons of Katie Elder** Western starring John Wayne. (1965, U, 122min) ★★★
3.50 **The Three Musketeers: Milady** Swashbuckling adventure sequel. (2023, 12, 115min) ★★★★
5.50 **to 7.25** AM **Rurangi** Drama. (2020, 15, 87min) ★★★★

Sky Cinema Star Trek

311 311 411 511 525

7.25 AM **Star Trek The Motion Picture** Sci-fi adventure. (1979, U, 132min) ★★★
9.35 **Star Trek II: The Wrath of Khan** Sci-fi. (1982, 12, 113min) ★★★★
11.30 **Star Trek III: The Search for Spock** Sci-fi adventure. (1984, PG, 105min) ★★
1.20 PM **Star Trek IV: The Voyage Home** Sci-fi adventure. (1986, PG, 119min) ★★★★

3.20 **Star Trek V: The Final Frontier** Sci-fi. (1989, PG, 100min) ★★
5.10 **Star Trek VI: The Undiscovered Country** Sci-fi adventure. (1991, PG, 109min) ★★★★
7.05 **Star Trek Into Darkness** Sci-fi adventure starring Chris Pine and Zachary Quinto. The USS *Enterprise* pursues a rogue Federation officer with a secret past. (2013, 12, 132min) ★★★★
9.20 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★

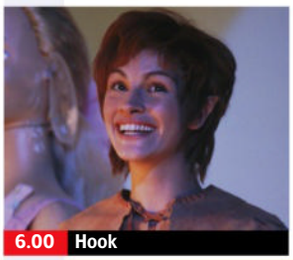
11.25 **Star Trek: Generations** Sci-fi. (1994, PG, 118min) ★★★
1.25 AM **Star Trek: First Contact** Sci-fi. (1996, 12, 110min) ★★★★
3.20 **Star Trek: Insurrection** Sci-fi. (1998, PG, 105min) ★★★
5.05 **to 7.05** AM **Star Trek: Nemesis** Sci-fi. (2002, 12, 116min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.25 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
7.55 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
9.45 **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
11.15 **Cats & Dogs** As 10.25pm.
12.50 PM **Ella Enchanted** (2004)
2.35 **Small Soldiers** Adventure. (1998, PG, 99min) ★★★★
4.35 **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
6.00 **Hook** Fantasy. (1991, U) ★★★


6.00 Hook

8.30 **Ella Enchanted** Comic fantasy adventure that gives a new spin to the tale of *Cinderella*, starring Anne Hathaway and Hugh Dancy. A young woman in a fairytale land embarks on a quest to free herself of a spell – and falls in love with a handsome prince. (2004, PG, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

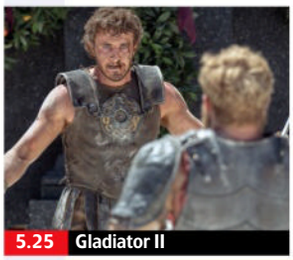
10.25 **Cats & Dogs** Comedy featuring the voices of Tobey Maguire, Alec Baldwin and Sean Hayes. (2001, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Cats & Dogs: The Revenge of Kitty Galore** Comedy sequel. (2010, U) ★★
1.35 AM **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
3.20 **Mavka: The Forest Song** Animation. (2023, PG) ★★
5.15 **to 7.05** AM **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Action

307 307 407 507 521

6.30 AM **Pompeii** As 12.55am.
8.20 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
10.20 **Gladiator II** As 5.25pm.
12.55 PM **Fast & Furious 5** Action thriller sequel starring Vin Diesel. (2011, 12, 130min) ★★★
3.15 **Aquaman and the Lost Kingdom** Fantasy adventure. (2023, 12, 124min) ★★★
5.25 **Gladiator II** Historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★


5.25 Gladiator II

8.00 **Fast & Furious 6** Action thriller sequel starring Vin Diesel, Paul Walker and Dwayne Johnson. The gang of carjackers come out of retirement to stop a criminal mastermind from constructing a superweapon. With Michelle Rodriguez. (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Django Unchained** Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Pompeii** Disaster drama starring Kit Harington. (2014, 12, 104min) ★★
2.45 **Money Train** Action comedy. (1995, 18, 110min) ★★
4.45 **to 6.30** AM **Jackie Chan's Armour of God** Action thriller. (1986, 15, 95min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **The Fighting Temptations** Musical. (2003, PG) ★★★
9.15 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★
10.55 **Galaxy Quest** (1999) ★★★★
12.50 PM **My Big Fat Greek Wedding 2** (2016, 12) ★★
2.40 **The Money Pit** (1985) ★★★
4.25 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
6.10 **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★

6.10 Beetlejuice Beetlejuice

8.00 **You've Got Mail** Romantic comedy starring Tom Hanks and Meg Ryan as two bookshop owners who hate one another in real life but are e-mail lovers in cyberspace. (1998, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Parenthood** Comedy drama about family life, starring Steve Martin and Mary Steenburgen. An anxious father strives to do the best for his kids – but his efforts don't always work out as planned. (1989, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
2.25 **HouseSitter** Comedy. (1992, PG, 102min) ★★★
4.10 **to 6.00** AM **David Brent: Life on the Road** Mockumentary comedy. (2016, 15, 96min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.35 AM **Poker Face** Crime thriller. (2022, 15, 120min) ★★★
9.20 **Every Breath You Take**
11.20 **Inferno** Adventure thriller. (2016, 12, 121min) ★★★
1.35 PM **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★
3.55 **Every Breath You Take** Thriller starring Casey Affleck. (2021, 15, 105min) ★★★
5.55 **Patriot Games** Action thriller. starring Harrison Ford. (1992, 15, 116min) ★★★

10.10 The Bikeriders

8.00 **Jaws** Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Bikeriders** Drama starring Tom Hardy. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. (2023, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Wasp** Thriller. (2024, 15, 96min) ★★★★
2.00 **Nighthawks** Action thriller. (1981, 18, 99min) ★★★
3.50 **Rear Window** Classic Hitchcock suspense movie. (1954, PG, 112min) ★★★★★
5.50 **to 7.25** AM **Melancholia** Drama. (1989, 15) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Miracle on 34th Street** Festive fantasy remake. (1994, U, 114min) ★★★★
1.20 PM **The Kid Who Would Be King** Fantasy adventure. (2019, PG, 120min) ★★★
3.55 **Tora! Tora! Tora!** World War Two epic with Martin Balsam. (1970, U, 144min) ★★★
6.45 **Charlie's Angels** Comedy thriller reboot starring Kristen Stewart. (2019, 12, 118min) ★★

11.15 Jackass Forever

8 PM **Charlie's Angels** (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Uncharted** Action adventure starring Tom Holland and Mark Wahlberg. A pair of treasure hunters embark on a globetrotting search for a fortune that was lost 500 years previously. With Antonio Banderas. (2022, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.15** **Jackass Forever** Comedy with Johnny Knoxville, Steve-O, Chris Pontius and Dave England. The daredevils return for another round of wildly absurd and often dangerous stunts. (2022, 18, 96min) ★★★
1.10 **to 3.00** AM **Funny Pages** Comedy starring Daniel Zolghadri and Matthew Maher. (2022, 18, 86min) ★★★

+1 hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

7.50 AM **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
10.15 **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★
1.30 PM **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
3.45 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★

6.00 **We're the Millers** Comedy starring Jennifer Aniston, Jason Sudeikis and Will Poulter. (2013, 15, 110min) ★★★★
8.00 **Dunkirk** Christopher Nolan's World War Two drama starring Kenneth Branagh and Tom Hardy. (2017, 12, 106min) ★★★★★
9.50 **Dirty Harry** Thriller starring Clint Eastwood as maverick San Francisco cop Harry Callahan. (1971, 15, 103min) ★★★★★
11.35 **Friday the 13th** Horror thriller sequel. (2009, 18, 97min) ★★

1.15 AM **Nightcrawler** Thriller with Jake Gyllenhaal and Riz Ahmed. (2014, 15, 115min) ★★★★
3.15 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
4.45 **to 6.30** AM **The Purge: Anarchy** Horror thriller sequel. (2014, 15, 102min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.40 AM **The Man Who Shot Liberty Valance** Western. (1962, b/w, U, 122min) ★★★★★
8.50 **Robin Hood: Prince of Thieves** Fantasy. (1991, PG, 138min) ★★
11.25 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
1.40 PM **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
3.40 **The Quiet Man** Romantic drama. (1952, U, 129min) ★★★

5.55 **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
8.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid and Bess Armstrong. A terrifying great white shark makes its way to a marine theme park. (1983, 12, 99min) ★★
9.40 **Enter the Dragon** Action thriller starring Bruce Lee as an undercover agent who infiltrates a martial arts competition on an island fortress. With John Saxon. (1973, 18, 97min) ★★★★

11.30 **Midnight Express** Prison drama. (1978, 18, 120min) ★★★★
1.40 AM **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
3.40 **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
5.40 **to 7.50** AM **Young at Heart** Musical. (1954, U, 117min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Open Season 3** Animated sequel. (2010, U, 74min) ★★
7.50 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
9.30 **Home** Animated adventure. (2014, U, 94min) ★★★
11.10 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
12.45 PM **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★

2.25 **Monster House** Animation. (2006, PG, 91min) ★★★★
4.00 **Migration** Animated comedy. (2023, U, 83min) ★★★
5.30 **How to Train Your Dragon** Animated fantasy adventure. (2010, PG, 98min) ★★★★
7.10 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
9.00 **Curious George** Animation. (2006, U, 87min) ★★★★
10.35 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★

12.00 M'T **Scarygirl** (2023, PG) ★★★
1.40 AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG, 78min) ★★★★
3.05 **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★★
4.30 **to 6.00** AM **Little Vampire** Animation. (2020, PG) ★★★

Movies 24

312 313 419

7.00 AM **Love's Greek to Me** Drama. (2023, PG, 90min) ★★
9.00 **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
11.00 **The Reluctant Royal** Romantic comedy. (2025, PG, 84min) ★★
1.00 PM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
3.00 **A Scottish Love Scheme** Romantic drama starring Erica Durance. (2024, PG, 84min) ★★

5.00 **The Engagement Back-Up** Romantic comedy drama. (2022, PG, 91min) ★★
7.00 **Harmony From the Heart** Romantic comedy with Jessica Lowndes and Jesse Metcalfe. (2022, PG, 87min) ★★
9.00 **A Paris Proposal** Romantic comedy with Alexa PenaVega and Nicholas Bishop. Two work colleagues are mistaken for a couple and must keep up the pretence for a client's benefit. (2023, PG, 84min) ★★

11.00 **Heartstrings Attached** Drama. (2024, PG, 90min) ★★
1.00 AM **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Campfire Romance** Comedy. (2022, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West**
7.00 **Born of the Sea** Drama. (1949, b/w, U, 47min) ★★★
8.00 **Danger by My Side** Thriller. (1962, PG, 63min) ★★
9.15 **Bailout at 43,000** Drama. (1957, b/w, U, 78min) ★★★
10.55 **The Lone Wolf Takes a Chance** Thriller. (1941, b/w, PG) ★★
12.30 PM **Serena** Murder mystery. (1962, b/w, U, 63min) ★★

1.45 **What's On TPTV with Noel**
1.55 **The Brothers** 10/13. (S5)
3.00 **Rebecca** 2/2. Drama.
5.00 **Cinebox Memories**
5.05 **The Narrowing Circle** Mystery. (1956, b/w, PG, 64min) ★★
6.25 **Strange But True**
7.00 **Danger UXB** 9/13. (S1)
8.05 **Van der Valk** 1/7. (S2)
9.05 **Maigret** 5/6. (S13)
10.55 **Reckless** 3/6. (S1)
12.00 M'T **Full Moon in Blue Water** Comedy drama starring Gene Hackman. (1988, 15, 94min) ★★

1.55 AM **The Perfect Woman** Sci-fi comedy starring Barry Gordon. (1981, 15, 100min) ★★★
3.35 **Kiss the Bride Goodbye** Romantic comedy drama. (1945, b/w, PG, 90min) ★★★
5.25 **to 6.00** AM **Churchill's Secret Army**

WEDNESDAY Sport

20 August

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA Tennis** Day two of the Monterrey Open in Mexico.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
11.30 **LIVE The Hundred Welsh Fire Women v Southern Brave Women.** Start-time 11.30am.
2.30 PM **LIVE The Hundred Welsh Fire Men v Southern Brave Men.** Start-time 3.00pm.
6.00 **LIVE The Hundred London Spirit Men v Northern Superchargers Men.** Coverage from Lord's. Start-time 6.30pm.
7.45 **LIVE EFL Bolton Wanderers v Reading.** The League One match from Toughsheet Community Stadium. Kick-off 8.00pm.
10.30 **LIVE WTA & ATP Tennis** Action from the WTA and ATP Tours.
12.00 M'T **LIVE US Open Tennis** Coverage of day two of the mixed doubles competition in New York.
3.00 AM **LIVE WTA & ATP Tennis** The latest coverage from the WTA and ATP Tours.
3.30 **to 6.00** AM **LIVE WTA Tennis** Day three of the Monterrey Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **FNF** Liverpool v Bournemouth.
7.30 **Premier League Highlights**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
2.00 **SNF** Action from Wolverhampton Wanderers v Manchester City.
2.30 **Premier League Highlights**
3.00 **MNF Hlts** Action from Leeds United v Everton at Elland Road.
3.30 **FNF** Liverpool v Bournemouth.
4.00 **Premier League Highlights** Nottingham Forest v Brentford.
5.00 **The Premier League Show**
7.00 **The Transfer Show**
8.00 **Premier League Stories** A profile of Olivier Giroud.
8.30 **Netbusters** Fast-paced Premier League highlights
9.00 **Premier League Review**
10.00 **Premier League Stories** A profile of Olivier Giroud.
10.30 **Netbusters** Highlights.
11.00 **Premier League Years**
1.00 AM **PL Retro** Manchester United v Tottenham Hotspur in 1998/99.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro** Birmingham City v Arsenal in the 2011 final.
8.00 **SPFL** Goals from 2014/15.
8.30 **Best Scottish Premiership Goals 2021/22** Top strikes.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries**
11.30 **Jimmy Glass: The Great Escape** Carlisle United in 1999.
12.00 NOON **EFL** A chance to see Walsall v Grimsby Town.
2.00 PM **EFL Cup Highlights**
2.30 **EFL Highlights**
5.00 **EFL Greatest Games**
6.00 **EFL Highlights**
7.30 **LIVE EFL Bolton Wanderers v Reading.** Coverage of the League One encounter from Toughsheet Community Stadium. Kick-off 8.00pm.
10.30 **EFL Cup Highlights** Birmingham City v Sheffield United.
11.00 **EFL Greatest Games**
12.00 M'T **Championship Retro** Cardiff City v Leicester City.
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2014 final.
5.00 **Craig Brown: My Scotland**
5.30 **to 6.00** AM **Jimmy Glass: The Great Escape**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** Trent Rockets Women v Manchester Originals Women from Trent Bridge.
9.15 **The Hundred Bitesize**
11.15 **LIVE The Hundred Welsh Fire Women v Southern Brave Women.** Coverage of the match from Sophia Gardens, Cardiff. Start-time 11.30am.
2.30 PM **LIVE The Hundred Welsh Fire Men v Southern Brave Men.** Coverage of the match from Sophia Gardens, Cardiff. Start-time 3.00pm.
6.00 **LIVE The Hundred London Spirit Men v Northern Superchargers Men.** Coverage of the match from Lord's. Start-time 6.30pm.
9.30 **The Hundred Bitesize**
10.30 **The Hundred** A chance to see London Spirit Women v Northern Superchargers Women.
1.35 AM **Ashes Greats**
1.45 **The Hundred Bitesize** Brief highlights of Trent Rockets Men v Manchester Originals Men.
2.00 **The Hundred** London Spirit Men v Northern Superchargers Men.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Ladies European Tour Golf**
8.00 **The Open Zone**
8.30 **Rose Ladies Series** Action from the fifth event of the series.
11.00 **LPGA Tour Golf** Day four of the Standard Portland Classic.
1.00 PM **Ladies European Tour Golf**
4.00 **LPGA Tour Golf** Day four of the Standard Portland Classic.
6.00 **PGA Tour Champions** Action from the Rogers Charity Classic.
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** Action from the Vierumaki Finnish Challenge.
8.00 **My Ryder Cup** Memories.
8.30 **PGA Tour Golf** A review of the BMW Championship.
9.30 **LPGA Tour Golf** A chance to see the Standard Portland Classic.
11.30 **HotelPlanner Tour Golf Highlights** Action from the Vierumaki Finnish Challenge.
12.00 M'T **PGA Tour Champions**
1.00 **to 6.00** AM **DP World Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA Tennis** Coverage of day two of the WTA Monterrey Open, a hard-court tournament at Club Sonoma in Mexico.
6.30 **WTA & ATP Tennis**
7.30 **WTA Tennis** The Canadian Open.
8.00 **ATP & WTA Tennis** In Ohio.
10.00 **Tennis** The 2024 US Open.
11.45 **ATP Tennis** The Cincinnati Open.
12.00 NOON **WTA & ATP Tennis**
4.00 PM **LIVE WTA & ATP Tennis** Coverage from the tours.
12.00 M'T **LIVE US Open Tennis** Coverage of the semi-finals and final of the mixed doubles competition in Flushing Meadows.
3.00 AM **LIVE WTA & ATP Tennis** From the WTA and/or ATP Tours.
3.30 **to 6.00** AM **LIVE WTA Tennis** Coverage of day three of the Monterrey Open a hard-court tournament in Mexico.

TNT Sports 1

410 413 521 408 430

7.00 AM **UEFA Champions League**
9.00 **Premier League Reload**
9.15 **The Gruppetto** Cycling action.
9.30 **One Day International Cricket**
10.30 **Sign Up – Into Football**
11.30 **Premier League Netbusters**
12.00 NOON **UEFA Champions League**
2.00 PM **Playing for Our Future**
2.15 **The Gruppetto** Cycling action.
2.30 **LIVE Men's Cycling** Coverage of stage one of the Renewi Tour.
4.15 **No Filter Cycling**
4.30 **Premier League Review**
5.30 **Premier League Stories**
6.00 **TNT Sports Reload**
6.30 **MotoE Highlights**
7.00 **Discovery Golf** The latest news.
7.30 **Premier League Reload**
7.45 **LIVE UEFA Champions League** Kick-off 8.00pm.
10.00 **Premier League Review**
11.00 **Premier League Stories**
11.30 **MLB Highlights** Baseball action.
12.30 AM **LIVE MLB Tampa Bay Rays v New York Yankees.** Start-time 12.35am.
3.45 **MLB Plays of the Week**
4.15 **Fight Week** UFC 319 review.
4.45 **Golden Trail World Series**
5.15 **European Rally Championship**
5.45 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** Action from the MotoGP Grand Prix of Austria at Red Bull Ring in Spielberg.
9.30 **MotoGP Chequered Flag**
10.30 **Motocross World Championship** Action from the Uddevalla circuit in Sweden.
1.30 PM **MotoGP Rewind** The best of the action from the 2025 MotoGP Grand Prix of Austria.
1.45 **UTMB World Series Highlights**
2.45 **MLB Highlights** Baseball action.
3.45 **MotoGP** The MotoGP Grand Prix of Austria MotoGP race.
4.45 **MotoGP Chequered Flag** Post-race show following the Grand Prix of Austria.
5.45 **UEFA Champions League**
7.45 **LIVE UEFA Champions League** Coverage of a play-off round first-leg match.
10.00 **MotoGP Highlights** Action from the Grand Prix of Austria.
11.00 **Discovery Golf**
11.30 **LIVE CPL Antigua & Barbuda Falcons v Trinbago Knight Riders.** Coverage of the T20 match.
3.45 AM **Premier League Reload**
4.00 **Ultimate Pool**
5.30 **to 6.00** AM **MLB Plays of the Week**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 **The Rugby Championship** Argentina v Australia from 2024. **10.00** Action fromSouth Africa v New Zealand from 2024.
12.15 PM **British and Irish Lions Tour** Brumbies v British & Irish Lions.
1.15 **Super League Highlights**
2.00 **S/Lge Retro: Magic Weekend** St Helens v Warrington Wolves in the 2013 Magic Weekend. **4.00** St Helens v Warrington Wolves from 2013.
6.00 **Rugby League Retro** A chance to see Leeds Rhinos v Warrington Wolves from 2006.
8.00 **British and Irish Lions Tour** Brumbies v British & Irish Lions. **9.00** Invitational Australia & New Zealand XV v British & Irish Lions.
10.00 **Rugby League Retro** A chance to see Leeds Rhinos v Warrington Wolves from 2006.
12.00 M'T **S/Lge Retro: Magic Weekend** Bradford Bulls v Leeds Rhinos from 2007.
2.00 AM **Rugby League Retro** Hull Kingston Rovers v Wakefield Trinity Wildcats from 2007.
4.00 **to 6.00** AM **S/Lge Retro: Magic Weekend**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA Tennis** Coverage of day two of the WTA Monterrey Open, a hard-court tournament at Club Sonoma in Mexico.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 **LIVE US Open Tennis** Coverage of day three of the qualifying event for the Grand Slam, which takes place at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York. The players in action are attempting to progress to the main draw of the tournament, which is scheduled to get under way on Sunday 24 August, with a total of 16 players winning the chance to enter the men's and women's draws.
2.00 AM **LIVE WTA & ATP Tennis** Featuring coverage which includes the WTA Monterrey Open, WTA Cleveland Open, and ATP Winston-Salem Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Tennis** The 2024 US Open.
9.00 **The Hundred Bitesize**
9.30 **PGA Tour Golf**
11.30 **The Hundred Bitesize**
12.00 NOON **ATP & WTA Tennis** The Cincinnati Open finals.
1.55 PM **The Hundred Bitesize**
2.55 **LIVE The Hundred London Spirit Women v Northern Superchargers Women.** Coverage of the match from Lord's, London. Start-time 3pm.
6.00 **LIVE US Open Tennis** Coverage of day three of the qualifying event for the Grand Slam, which takes place at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
2.00 AM **The Hundred Bitesize**
3.00 **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **DP World Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **The Pioneers** Profiles.
6.30 **Premiership Rugby Union**
8.00 **Fishing: On the Bank**
9.00 **SailGP Highlights** Sassnitz.
10.00 **Onboard** The Ocean Race.
10.30 **Golden Trail World Series**
11.00 **Saudi Masters Snooker**
12.00 NOON **Rugby Union**
12.31 PM **ODI Cricket**
1.30 **SailGP Highlights**
2.30 **Saudi Masters Snooker**
3.30 **LIVE Men's Cycling Pro Series** Coverage of the prologue of the Tour of Germany, which starts and ends in Essen.
5.30 **Golden Trail World Series**
6.00 **Ultimate Pool** The Pairs Cup.
7.30 **MotoGP Rewind**
7.45 **LIVE UEFA Champions League** Coverage of a play-off round first-leg match.
10.00 **One Day International Cricket**
11.00 **Men's Cycling World Tour**
12.00 M'T **to 6.00** AM **UEFA Champions League**

TNT Sports 4

414 416 524 411 434

6.00 AM **V8 Supercars Highlights**
8.00 **European Rally Championship**
8.30 **UIM F1H2O World Championship Highlights**
9.00 **UTMB World Series Highlights**
10.00 **Serie A** Highlights.
1.00 PM **MLB Highlights**
2.00 **WNBA** Aces v Wings.
3.00 **Onboard** The Ocean Race.
3.30 **Fishing: On the Bank**
4.30 **European Rally Championship**
5.00 **MLB Highlights** Baseball action.
6.00 **LIVE MLB Detroit Tigers v Houston Astros.** Coverage from Comerica Park. Start-time 6.10pm.
9.15 **MLB Plays of the Week**
9.45 **The Gruppetto** Cycling action.
10.00 **European Rally Championship**
10.30 **UFC** From Chicago.
1.30 AM **Fight Week**
2.00 **MotoGP Highlights**
3.00 **MotoE Highlights**
3.30 **Men's Cycling World Tour**
4.30 **Discovery Golf**
5.00 **to 6.00** AM **WNBA**

Premier Sports 1

419 551

6.00 AM **World Surf League**
7.00 **British Minibikes**
9.00 **LaLiga Highlights**
10.00 **Scottish Football Social Club**
11.00 **DTM Highlights**
12.00 NOON **FIM Sidecarcross**
1.00 PM **LaLiga Match Highlights**
1.30 **LaLiga Specials**
2.00 **NASCAR Highlights**
3.00 **Top 14 Rugby Union Highlights**
4.00 **DTM Highlights**
5.00 **LaLiga Specials**
6.00 **Scottish Football Social Club**
7.00 **World of FreeSports**
7.30 **Scottish Rally Championship**
8.00 **Transworld Sport**
9.00 **MotorSport**
10.00 **World Surf League**
11.00 **LaLiga Specials**
12.00 M'T **FIM Sidecarcross**
1.00 AM **NASCAR Highlights**
2.00 **British Minibikes**
4.00 **DTM Highlights**
5.00 **to 6.00** AM **Top 14 Rugby Union Highlights**

Premier Sports 2

420 552

6.00 AM **LaLiga**
8.00 **Football's Greatest**
9.00 **Top 14 Rugby Union Highlights**
10.00 **LaLiga** Real Madrid v Osasuna.
12.00 NOON **FastZone** Weekly motorsport highlights show.
12.30 PM **Bike World** Magazine.
1.00 **LaLiga Specials**
2.00 **Temples of Sport** A look at some iconic sporting venues around the globe.
2.30 **GP Confidential** A round-up of the llatest Formula One news.
3.00 **LaLiga** Another chance to see Espanyol v Atlético Madrid.
5.00 **LaLiga Specials** The best saves from the 2024/25 season.
5.30 **Premier Sports Cup** Action from two second-round matches.
9.30 **LaLiga** Real Madrid v Osasuna. **11.30** Villarreal v Oviedo.
1.30 AM **FastZone**
2.00 **MotorSport**
2.30 **NASCAR Trucks**
5.30 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** The British Grand Prix from 2019-2024.
12.00 NOON **Formula 1** The British Grand Prix qualifying session.
2.00 PM **Ted's Notebook**
2.30 **Formula 1** Another chance to see this year's British Grand Prix.
7.00 **Ted's Notebook**
7.30 **Formula 1** The British Grand Prix from 2025-2021.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM | VIRGIN HD | FREEVIEW HD | FREESAT HD | FREELY | EE HD

Thursday

21 August

Evening Planner

Documentary

Football's Financial Shame: The Story of the V11
BBC2, 9pm
A hidden scandal involving a group of 11 former Premier League footballers.

Thriller

In Flight
C4, 9pm
Katherine Kelly's flight attendant/anxious mum Jo's problems come to a head in tonight's gripping finale of the thriller.

Documentary

In the Eye of the Storm
Discovery Channel, 9pm
Series featuring first-hand accounts and footage of natural disasters, starting with a string of destructive tornadoes in Texas.

OnDemand

NETFLIX

Hostage
Available today
In this thriller, Suranne Jones' Prime Minister has an impossible choice to make when her husband is kidnapped.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 MasterChef		9.00 Destination X		10.00 News; Local News	
	102 BBC2	7.00 SOS: Extreme...	7.30 Grand Tours of...	8.00 Saving Lives at Sea		9.00 Football's Financial Shame: The Story of the V11			10.35 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tom Kerridge...	9.00 The Fortune Hotel		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Supercruising: Life at Sea		9.00 In Flight		10.00 Gogglebox	
	105 5	7.00 Michael Portillo's Lisbon		8.00 The Hotel Inspector		9.00 Ben Fogle: New Lives in the Wild		10.00 Fare Dodgers: At War with the Law	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 A League of Their Own		9.00 Film: Last Seen Alive			
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Tommy: The Good. The Bad. The Fury		10.00 Film: Queen & Slim	
	116 BBC4	7.00 Michael Caine: Acting in Film		8.00 Film: The Italian Job			9.35 Talking Pictures: The Silence...		10.20 Film: The Silence of...
	118 ITV2	7.00 Deal or No Deal		8.00 The Bachelor Australia		9.00 Family Guy			
	136 MORE4	◂ 6.55 Grand Designs		7.55 The Dog House		9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Below Deck Sailing Yacht		9.00 Celebs Go Dating		10.00 First Dates Valentine's	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 FBI		10.00 FBI: International	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Julia			
	110 U&GOLD	◂ 6.50 Porridge	7.25 The Vicar of Dibley	8.00 Red Dwarf			9.20 The Vicar of Dibley	10.00 Not Going Out	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.50 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	◂ 5.30 Racing: Racing League – Live: Coverage from Newcastle				9.00 Film: The Krays			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Russell Howard: Wonderbox		10.00 South Park	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 Westworld	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 A League of Their Own		9.00 Sport's Funniest Moments		10.00 From	
	109 U&ALIBI	7.00 Miss Scarlet		8.00 Death in Paradise		9.00 Annika		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Robert De Niro		9.00 The Directors		10.00 Classic Movies: The Story of Billy Liar	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Roadworthy Rescues		9.00 In the Eye of the Storm		10.00 Marooned with Ed Stafford	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Mountain Monsters	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Airport Lost & Found		9.00 Car S.O.S.		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 The UnBelievable with Dan Aykroyd		10.00 Alone	
	155 U&YESTERDAY	7.00 Simon Reeve's South America		8.00 Bangers & Cash					
	121 SKY DOCS	◂ 6.55 Burden of Proof: Who Killed Jennifer...		8.00 The Man Who Bought Cricket		9.00 Flight 149: Hostage of War			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.50 Kraven the Hunter		8.00 Sonic the Hedgehog 3				10.00 Heart Eyes	
	302 FAVOURITES	◂ 6.05 Miss Congeniality		8.00 Horrible Bosses			9.50 The Hangover		
	303 HITS	◂ 6.00 Charlie's Angels: Full Throttle		8.00 Knocked Up					10.15 Django Unchained
	304 GREATS	◂ 5.15 The Bridge on the River Kwai		8.00 Schindler's List					
	305 ANIMATION		7.15 Smurfs: The Lost Village			8.50 Trolls Band Together			10.25 Batman: Return of...
	306 FAMILY	◂ 6.00 Wicked			8.40 The Flintstones				10.15 The Flintstones in Viva...
	307 ACTION	◂ 6.20 Arcadian		8.00 Snow White and the Huntsman					10.15 The Meg
	308 COMEDY	◂ 6.15 The Nutty Professor		8.00 Nutty Professor II: The Klumps			9.55 Talladega Nights: The Ballad of Ricky Bobby		
	309 THRILLER	◂ 5.50 The Dry		8.00 The Perfect Storm					10.15 Lawless
	310 DRAMA	◂ 6.25 Poison		8.00 P.S. I Love You					10.15 You Can Live Forever
	311 STAR TREK	◂ 6.45 Star Trek Into Darkness				9.00 Star Trek Beyond			
	313 FILM4		7.05 10 Things I Hate About You			9.00 Nope			
SPORT	401 MAIN EVENT	◂ 6.00 PGA Tour Golf – Live: The Tour Championship							
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 The Big Interview	8.30 PL Stories	9.00 The Big Interview	9.30 PL Stories	10.00 PL Icons	10.30 Mental Health...
	403 FOOTBALL	7.00 EFL League One...	7.30 EFL League Two...	8.00 EFL Highlights					
	405 CRICKET	◂ 6.00 The Hundred – Live: Oval Invincibles Men v Trent Rockets Men (Start-time 6.30)					9.30 The Hundred Bitesize		10.15 The Hundred
	410 TNT SPORTS 1	7.00 MLB – Live: Kansas City Royals v Texas Rangers (Start-time 7.10)							10.15 MLB: Off the Bat
	411 TNT SPORTS 2	◂ 6.30 UEFA Champions League					9.30 Hard Knocks		

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.15 **Homes Under the Hammer** New edition Featuring flats in London, Bath and Shropshire. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** An antique floor lamp is rejuvenated. (S)(R)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Answer Run** New edition Quiz hosted by Jason Manford. (S)
5.15 **Pointless** Quiz with Alexander Armstrong and Ellie Taylor. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Clara Amfo and Roman Kemp present the topical show. (S)
7.30 **EastEnders** The locals celebrate at Patrick and Yolande's stag and hen dos, while Walford's teens get their GCSE results. (S)(AD)

8 PM

8.00 **MasterChef** New edition 8/24. The next group of cooks are tasked to transform everyday ingredients into something special, and use coffee, chocolate and plums in a mystery box challenge. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **Destination X** New edition 8/10. After a shock elimination, the X-bus continues its journey towards the £100,000 prize with just five players remaining. Two alliances have formed and plans are being hatched. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW TO BBC1 Tommy: The Good. The Bad. The Fury** 1/10. Documentary following boxer Tommy Fury's return to the ring. Fury is at rock bottom following the worst year of his life, but is planning a comeback. *Previously on BBC3.* (S)(AD)
11.10 **Tommy: The Good. The Bad. The Fury** New edition 2/10. Tommy's comeback fight is called off. (S)(AD)
■ Entire series on BBC iPlayer
11.40 **FILM The Adventures of Priscilla, Queen of the Desert** Australian comedy starring Terence Stamp, Hugo Weaving and Guy Pearce. (S) (1994, 15, 100min) ★★★★
1.20 AM **Weather for the Week Ahead**
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Mexico: Earth's Festival of Life** Exploring the deserts of Mexico's northern region. (S)(R)(AD)
5.15 **Flog It!** Visits to Bletchley Park, the Ulster Transport Museum and Crowcombe Court. (S)(R)
6.00 **Richard Osman's House of Games** With Toby Anstis, Kerry Howard, Evelyn Mok and Joe Sugg. (S)(R)
6.30 **Rick Stein's Food Stories** Rick makes a perfect Yorkshire pudding and tours the UK's biggest tofu factory. (S)(R)(AD)

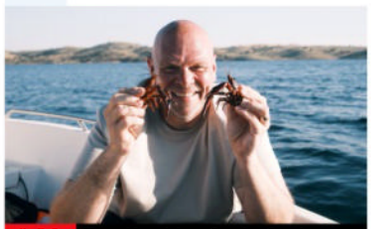
8.00 Saving Lives at Sea

7.00 **SOS: Extreme Rescues** New edition 6/12. Mountain rescue solve the mystery of a walker missing for 12 years. (S)
7.30 **Grand Tours of Scotland's Rivers** 6/6. Paul Murton follows the River Ythan through rural Aberdeenshire. (S)(R)
8.00 **Saving Lives at Sea** New edition 4/10. The Newhaven crew attempt to rescue a yachtsman before his vessel is smashed on the rocks. In Dart, on the south Devon coast, a kayaker has fallen on rocks. (S)(AD)
9.00 **NEW Football's Financial Shame: The Story of the V11** Documentary looking at a hidden scandal from inside the Premier League, the world's richest football organisation, with a group of former players claiming to have lost tens of millions of pounds due to their financial advisers. (S)
10.35 **Newsnight** (S)
11.05 **Confessions of a Brain Surgeon** Henry Marsh discusses his most difficult cases. (S)(R)(AD)
12.05 AM **Sign Zone: Fake or Fortune?** A painting that could be the work of Angelica Kauffman. (S)(R)(AD)
1.05 **Sign Zone: Saving Lives at Sea** Documentary. (S)(R)(AD)
2.05 **Sign Zone: Chess Masters: The Endgame** Speed chess. (S)(R)
2.35 **Sign Zone: The Moors Murders: A Search for Justice** (S)(R)(AD)
3.35 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **James Martin's Great British Adventure** (S)(R)(AD)
1.00 **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Racing** Ed Chamberlin and Francesca Cumani present coverage of day two of the Ebor Meeting from York, featuring the 3.35 Pertemps Network Yorkshire Oaks and races at 1.50, 2.25, 3.00 and 4.10. (S)
4.30 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



8.30 Tom Kerridge Cooks Spain

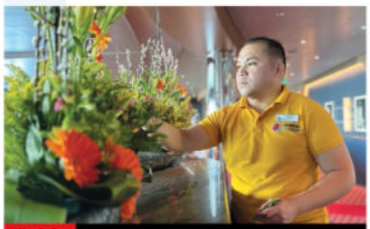
7.30 **Emmerdale** Aaron and John make plans to leave the village, Moira comes to a big decision, Gabby is left troubled by Vinny's out of character behaviour, and it all gets too much for Cain. (S)(AD)
8.30 **Tom Kerridge Cooks Spain** New edition The chef journeys from Extremadura to Murcia in his vintage food truck as he heads out on Lake Orellena to find secret spots that are best for catching crayfish. (S)(AD)
9.00 **The Fortune Hotel** New edition 6/8. Only five pairs remain as things turn frosty with a Hotel Game like no other, and on the Games Terrace, guests pick ice lollies with unexpected flavours. Hosted by Stephen Mangan. (S)(AD)
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Rise of the Planet of the Apes** Sci-fi thriller inspired by the famous film series starring James Franco, Andy Serkis and Freida Pinto. A laboratory ape born with super-intelligence grows up determined to release his fellow apes from bondage. With John Lithgow. (S)(AD) (2011, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Teleshopping**
3.00 **The Fortune Hotel** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** With Gennaro Contaldo. (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 8-11/26. (S8) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 21-24/24. (S10) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** Restoring a 1994 Vauxhall Cavalier Turbo. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Data analyst Joel and roofer Ricky get to work on a one-bed terrace cottage in Castle Donington. (S)(R)
5.00 **Chateau DIY** An ambitious turret project hits a snag. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** In Almería, Sharon Garner and son Shaun visit one of the largest crystal caves ever found. (S)(R)



8.00 Supercruising: Life at Sea

7.00 **News** (S)
8.00 **Supercruising: Life at Sea** Series finale 8/8. Ash and Neeha from Romford take a trip on a traditional moliceiro boat, the gondolas of Porto, while honeymooners Michelle and Kim from Florida embark on a fishing trip in Tenerife. (S)(AD)
9.00 **In Flight** Series finale 6/6. Jo finally uncovers the truth in Sonny's case. She and Cormac execute their escape plan, though she remains uneasy as to whether he can be trusted. (S1) (S)(AD)
■ Entire series on C4 streaming
10.00 **Gogglebox** Omnibus of the two part-special for Stand Up to Cancer first shown in November 2023. Famous faces join the armchair critics to share their opinions on a week's television viewing in support of the charity. (S)(R)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.00 **Michael Mosley: Secrets of the Superagers** (S)(SL)(R)(AD)
1.55 **FILM Infinite** Sci-fi thriller starring Mark Wahlberg and Chiwetel Ejiofor. (S)(SL)(AD) (2021, 12, 105min) ★★
3.40 **Big Pound Shop Swap** (S)(SL)(R)
4.35 **Kirstie's House of Craft** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.25 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **An Inheritance to Die For: A Teagarden Mystery** Crime drama with Candace Cameron Bure. Aurora investigates poisonings at a wedding. (S)(R)
4.00 **All Creatures Great and Small** 2/7. Tristan worries that Siegfried is in danger of losing his edge. (S2) (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** JB Gill meets fifth-generation sheep farmers on North Ronaldsay. (S)(R)
6.55 **News** (S)

9.00 New Lives in the Wild

7.00 **Michael Portillo's Lisbon** Michael seeks out a piri piri restaurant that has become an internet sensation and visits the statue of Christ at Jerónimos Monastery. (S)(R)
7.55 **News** (S)

8.00 **The Hotel Inspector** New edition 6/8. Alex Polizzi heads to Manchester's trendy suburb of Chorlton to help turn Metro Cafe, a struggling greasy spoon with a Persian twist, into a local hero. (S)

9.00 **Ben Fogle: New Lives in the Wild** New edition 2/3. Ben meets fellow Brit Rupert, who lives in the mountains of Japan in a traditional house, and uncovers the reasons behind his move to the country. (S)

10.00 **Fare Dodgers: At War with the Law** A South Western Railway revenue protection officer is cornered and verbally abused on a train by a man who has no ticket. (S)(R)

11.05 **Motorway Cops: Catching Britain's Speeders** (S)(R)
12.05 AM **Soldier: For King and Country** Documentary. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Submarine: Life Under the Waves** Documentary. (S)(R)
3.50 **Secrets of the Fast Food Giants** Chinese food. (S)(R)
4.40 **The Wonderful World of Chocolate** Kit Kats. (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S4) (S)(R)
11.00 **Hope for Wildlife: The Next Generation** (S)(R)(AD)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 5/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *The Bob Next Door:* A new neighbour moves in next door to the family. (S)(R) **5.30** *The Devil Wears Nada:* Marge becomes a sex symbol after posing for a calendar. (S)(R) **6.00** *Judge Me Tender:* Moe is asked to join the *American Idol* judging panel. (S)(R) **6.30** *Every Man's Dream:* Homer and Marge decide to have a trial separation. (S)(R)

12.00 The Walking Dead: Dead City

7.00 **The Office (US)** *Pilot:* 1/6. Pilot episode of the comedy starring Steve Carell and John Krasinski. (S)(R) **7.30** *Diversity Day:* 2/6. A special consultant visits the company to run a seminar on racial tolerance. (S1) (S)(R)

8.00 **A League of Their Own** Romesh Ranganathan hosts as Mary Earps and Guz Khan join regulars Jamie Redknapp, Micah Richards and Jill Scott, with Jamie and Micah baring all in a strip-cricket challenge. (S)(R)(AD)

9.00 **FILM Last Seen Alive** Mystery thriller starring Gerard Butler. A man is driving his soon-to-be ex-wife to her parents' home when she mysteriously disappears without a trace during a stop at a gas station. With Jaimie Alexander and Dani Deetté. (2022, 15, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **The Walking Dead: Dead City** New episode 7/8. Negan and Maggie embark on journeys and face unexpected challenges. **12.00** M'T Series finale 8/8. Maggie makes a painful choice, and Negan puts on a show. (S2)
■ Entire series on Box Sets
1.00 AM **Curb Your Enthusiasm** (R)
2.20 **Sex and the City** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 5/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R) **11.40** Scotcast (S)(R) **12.10am** FILM The Adventures of Priscilla, Queen of the Desert (S) (1994, 15, 100min) ★★★★ **1.50** Weather for the Week Ahead (S) **1.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm A City Dreaming (S)(R) **11.40** Tommy: The Good. The Bad. The Fury (S)(R)(AD) **12.40-1.25am** Pointless Celebrities (S)(R)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm SOS: Extreme Rescues New edition (S) **10.40** NEW Scrum Queens: The Women Who Saved the World Cup (S) **11.20** Tommy: The Good. The Bad. The Fury (S)(R)(AD) **12.20am** FILM The Adventures of Priscilla, Queen of the Desert (S) (1994, 15, 100min) ★★★★ **2.00-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00pm The One Show (S) **7.30-8.00pm** Scrum V: The Warm Up (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion **12.05pm** Colleen Ramsey **12.30** Heno **1.00** Trysorau Cymru (AD) **1.30** Sioe Sir Benfro **2.00** Newyddion **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Prosiect Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Busnes Bwyd **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion **8.00** Pobol y Cwm New episode (AD) **8.25** Gwladfa: Gwilym Bowen Rhys **8.55** Newyddion **9.00** NEW Sioe Sir Benfro **9.30** Y Byd ar Bedwar **10.30** Colli Cymru I'r Môr (AD) **11.30pm-12.05am** Cartrefi Cymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** An Incan youngster suffers the worst birthday ever. **7.25** Stone Age families take part in a game show.
7.55 **The Catch Up**
8.00 **Top Gear** The presenters are challenged to drive from Switzerland to Blackpool on a single tank of fuel.
9.00 **Tommy: The Good. The Bad. The Fury** 1/10. Following boxer Tommy Fury's return to the ring. **9.30** 2/10. Tommy's comeback fight is called off.
10.00 FILM **Queen & Slim** Crime drama with Daniel Kaluuya. A black couple's first date takes a shocking turn when a traffic stop leads to the death of a police officer. (2019, 15, 132min) ★★★★
12.05 AM **Top Gear**
1.05 **Tommy: The Good. The Bad. The Fury**
2.05 **Stacey Dooley: Growing Up Gypsy** Documentary.
2.50 **Press X on the BBC**
3.00 **to 4.00** AM **Tommy: The Good. The Bad. The Fury**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Michael Caine: Acting in Film** The Oscar-winner teaches a workshop on the art of movie acting.
8.00 FILM **The Italian Job** Vintage crime caper starring Michael Caine and Noël Coward. An ex-con masterminds a massive bullion robbery in Turin. (1969,PG, 100min) ★★★★★
9.35 **Talking Pictures: The Silence of the Lambs** New edition Celia Imrie takes a look at the Oscar-winning 1991 thriller.
10.20 FILM **The Silence of the Lambs** Psychological thriller starring Jodie Foster and Anthony Hopkins. A young FBI agent enlists the help of a monstrous sociopath to catch a twisted serial killer. (1990, 18, 119min) ★★★★★
12.10 AM FILM **On the Waterfront** Classic Oscar-winning drama. (1954, b/w, PG, 108min) ★★★★★
1.55 **Art on the BBC: Turner – Light & Landscape**
2.55 **to 3.55** AM **Tribe**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Rochdale.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** Ruth and Ken from Caterham, Surrey, try to decide whether to renovate or sell their home.
6.55 **Grand Designs** A home shaped like two enormous periscopes in rural Norfolk.
7.55 **The Dog House** Poppy and Bron try to find a home that will accept two dogs, while fine artist Ron is introduced to Chip the terrier cross and Margaux the mongrel.
9.00 **24 Hours in A&E** Medics at St George's treat three women who have been stabbed in a Surrey supermarket car park.
10.00 **24 Hours in A&E** A staff nurse is punched and bitten by a prisoner awaiting treatment, while a father-of-two is rushed in by heli-medics following a head-on traffic collision.
11.05 **Emergency Helicopter Medics** Heli-medics struggle to free a man trapped in his mangled car.
12.05 AM **The Good Doctor**
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 2-5/23. (S3)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill.
7.00 **The Simpsons** *Moe Baby Blues:* Maggie becomes obsessed with Moe. **7.30** *Burger Kings:* Mr Burns begins selling plant-based burgers.
8.00 **Below Deck Sailing Yacht** New edition Diana re-evaluates her feelings.
9.00 **Celebs Go Dating** New edition Kerry Katona chats to Paul and Anna.
10.00 **First Dates Valentine's** Fred and the staff serve an extra portion of romance.
11.05 **Naked Attraction**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Rick and Morty**
2.10 **Mike Tyson Mysteries** New episodes
2.40 **Celebs Go Dating**
3.30 **Below Deck Sailing Yacht**
4.20 **Young Sheldon**
5.00 **Brooklyn Nine-Nine**
5.25 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Brit Cops: Rapid Response**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 1/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 1/22. The Task Force investigate after a family of four are found dead in a Georgia motel room. (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 FBI

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Equalizer** *Somewhere Over the Hudson:* 12/18. McCall helps a Mob accountant scour the city for lost evidence. (S2)

9 PM
9.00 **FBI** New episode *DéTente:* 3/22. Tensions rise as the team look into a series of targeted bombings in Queens. (S7)

10 PM
10.00 **FBI: International** New episode *Nothing Sudden About It:* 3/22. A teenager disappears from a beach party. (S4)
11.00 **Bull** 6/22. (S6)
12.00 M'T **Law & Order: Organized Crime** 8/13. (S4)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **Paramedics Australia**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **True Blood** 7&8/12. (S4)
10.10 **Six Feet Under** (S4&5)
12.20 PM **Game of Thrones** (S1)
1.25 **Babylon Berlin** 9/12. Rath confronts Helga and Nyssen. **2.30** 10/12. A medium reveals a theory about the killer. (S3)
3.35 **True Blood** 7/12. Bill discovers Marnie's deadly plans for the vampires of Bon Temps. **4.40** 8/12. Bill tries to arrange a truce with Marnie. (S4)
5.45 **Six Feet Under** 12/12. Ruth meets George's daughter. (S4)

9.00 Julia

6.50 **Six Feet Under** *A Coat of White Primer:* 1/12. Nate and Brenda prepare for their wedding day. (S5)
7.55 **Game of Thrones** *Cripples, B****rds and Broken Things:* 4/10. Ned searches for the truth about Jon Arryn's death. (S1)

9.00 **Julia** *Coq au Vin:* 2/8. Facing mounting pressure, Julia struggles to figure out how to present a complicated recipe. (S1)

10.00 **Julia** *Boeuf Bourguignon:* 3/8. The show goes over budget and Julia continues with her efforts to make her dream a reality. (S1)
11.00 **FILM Dallas Buyers Club** Fact-based drama starring Matthew McConaughey. (2013, 15, 114min) ★★★★
1.05 AM **The Sopranos** 12/13. (S1)
2.05 AM **Dexter: New Blood**
3.05 **Game of Thrones** As 7.55pm.
4.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Blacklist** 2/22. (S9)
9.00 **Stargate Atlantis** (S4)
11.00 **SEAL Team** 19/22. (S2)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 5/22. (S6)
5.00 **SEAL Team** 18/22. Bravo Team go in search of the person responsible for the surprise bomb attack. (S2)
6.00 **Stargate Atlantis** 5/20. Sheppard is captured by a race of human travellers. (S4)

5.00 SEAL Team

7.00 **Stargate Atlantis** *Tabula Rasa:* 6/20. A virus causes severe amnesia in everyone but Teyla and Ronon. (S4)

8.00 **A League of Their Own** Guests Mary Earps and Guz Khan join regulars Jamie Redknapp, Micah Richards and Jill Scott.

9.00 **Sport's Funniest Moments** A look back at some of the funniest and most farcical moments from the sporting world.

10.00 **From** *Long Day's Journey Into Night:* 1/10. First episode of the sci-fi horror. A family's road trip takes a terrifying turn. (S1)
11.00 **The Walking Dead: Dead City** New episode 7/8. **12.00** M'T Series finale 8/8. Maggie makes a choice. (S2)
■ Entire series on Box Sets
1.00 AM **Road Wars**
2.00 **NEW SERIES Peacemaker**
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 5/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Celebrity Dinner Date**
8.40 **Billie and Greg: Family Diaries**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt...**
12.05 PM **Celebrity Dinner Date**
1.05 **Billie and Greg: Family Diaries**
2.05 **The Only Way Is Essex**
3.05 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **The Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

11.30 American Dad!

7.00 **Deal or No Deal** Stephen Mulhern hosts as Wendy takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The Bachelor Australia** New edition Holly, Laura, Tahnee, Ash and Lily go on a special group date.

9.00 **Family Guy** 3/20. Peter and Lois go on a course about self-empowerment. **9.30** 4/20. Stewie invents a shrinking machine. (S17)

10.00 **Family Guy** 5/20. Lois receives a birthday gift from her father. (S17) **10.30** 19/20. Stewie and Brian look for Mort. (S16)
11.00 **Family Guy** 20/20. Peter has a conversation with God. (S16)
11.30 **American Dad!** (S13)
12.35 AM **Bob's Burgers** (S11)
1.05 **Karaoke Club: Drag Edition**
2.05 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal**
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.35 **Classic Coronation Street**
3.35 **Midsomer Murders** *Country Matters:* Proposals to build a supermarket lead to murder.
5.45 **Heartbeat** *Peace and Quiet:* A pair of armed robbers disguised as hippies take Greengrass hostage during a payroll heist and shoot his dog.

8.00 Vera

6.50 **Heartbeat** *Substitute:* A family of travellers plot to steal Greengrass's horse after pitching camp in Aidensfield.

8.00 **Vera** *Old Wounds:* The detective investigates the death of a teenager who disappeared during the 1984 miners' strike, when her remains are discovered 30 years later.

10.00 **Law & Order: UK** *Alesha:* 7/7. A doctor is accused of sexually assaulting a patient during an examination. (S1)
11.00 **Law & Order: UK** *Samaritan:* 1/6. Brooks and Devlin investigate a homophobic religious group involving members of the police. (S2)
11.50 **Trigger Point** 5/6. (S2)
12.50 AM **Malpractice** 4/5. (S1)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Beechgrove Garden** New edition Kirsty Wilson and Brian Cunningham taste-test the chillies.
8.00 **NEW World Pipe Band Championships** Jackie Bird presents highlights of the competition held on Glasgow Green.
9.00 **Facelift** Builders get to work on the construction of the new hospital.
10.00 **Two Doors Down** 2/6. Christine tries to choose a new bathroom. (S7)
10.30 **Edinburgh Unlocked** Series finale 3/3. A selection of the best of the Festival Fringe.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Scot Squad** 3/6. Singh and McKirdy gallantly help out a hen party. (S4)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **The Conners** (S3)
10.00 **The Office (US)** (S1)
11.00 **Sex and the City** (S2)
12.20 PM **Girls** 5&6/10. (S5)
1.30 **Sex and the City** (S2)
2.40 **Girls** 7&8/10. (S5)
4.00 **The Office (US)** (S9)
5.00 **Will & Grace** (S1)
6.00 **The Conners** (S3)
7.00 **The Office (US)** (S1)
8.00 **Will & Grace** 7/22. Jack takes a shine to the taxman investigating Will. **8.30** 8/22. Jack decides on a new career. (S1)
9.00 **Josh Widdicombe: Bit Much...** Stand-up show.
10.15 **Curb Your Enthusiasm** 1/10. Larry is asked to be in *The Producers*. (S4)
10.55 **Curb Your Enthusiasm**
11.35 **Enlightened** (S2)
12.55 AM **Somebody Somewhere** 7/7. (S3)
1.35 **Hello Ladies**
2.45 **The Rehearsal** (S2)
3.55 **to 5.00** AM **Flight of the Conchords**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Jonas Kaufman at Arena di Verona**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Sky Arts Book Club**
3.00 **Backstage with the London Philharmonic Orchestra**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering: De Niro**
9.00 **The Directors**
10.00 **Classic Movies: The Story of Billy Liar**
11.00 **The Art of Film**
12.00 M'T **David Baddiel: The Not the Trilogy – My Family: Not the Sitcom**
1.20 AM **Voices of Ireland**
2.35 **Pompeii: Sin City**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** 12/22. (S2)
8.00 **Star Trek: Deep Space Nine** 22/26. (S3)
9.00 **Britain's Most Evil Killers** The crimes of Anthony Russell.
10.00 **The Real Manhunter**
11.00 **Grimm** 20/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo**
10.00 **Tipping Point**
1.00 PM **Lingo**
2.00 **Wheel of Fortune**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Two friends, a couple who are quiz fans and a mother and son take part in the quiz. **7.00** A Dartford couple, a mother and daughter duo and a couple from East London compete.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern, in which one more contestant tries to open the 22 red boxes in the right order for the chance to win a prize.
9.00 **Tipping Point** Triple bill of the arcade-themed game show in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.00 M'T **Wheel of Fortune**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 9/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 9&10/23. (S3)
1.00 PM **Father Dowling Mysteries** 14/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 13&14/20. (S9)
9.00 **FILM Father of the Bride** Comedy starring Steve Martin and Diane Keaton. A harassed father prepares for his daughter's wedding. (1991, PG, 105min) ★★
11.20 **FILM Father of the Bride Part II** Comedy sequel starring Steve Martin and Diane Keaton. (1995, PG, 106min) ★★
1.40 AM **M*A*S*H** 14/20. (S9)
2.10 **Hart to Hart** 22/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Dramatic Finishes**
6.05 **Minder**
7.05 **Kojak**
9.15 **Magnum, PI**
11.15 **Giant Lobster Hunters**
12.15 PM **Kojak**
2.20 **Magnum, PI**
4.20 **Minder** *On the Autofront:* A rival dealer schemes to put Arthur out of business.
5.30 LIVE **Horse Racing: Racing League** Megan Nicholls presents coverage of the fifth round of the season, which comes from Newcastle.

9.00 The Krays

7.00 LIVE **Horse Racing: Racing League** Megan Nicholls presents further coverage of the fifth round of the season from Newcastle, as the competition enters its penultimate week. With analysis from Luke Harvey.

9.00 FILM **The Krays** British crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. (1990, 18, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 FILM **RoboCop 3** Sci-fi action sequel starring Robert Burke. RoboCop helps ghetto rebels fight against an evil corporation. (1992, 15, 104min) ★★
1.20 AM **BattleBots**
2.15 **Auto Mundial**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 1/26. (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 9/20. (S1)
2.00 **Primeval** 3/10. (S3)
3.00 **Stargate Atlantis** 13/20. (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 1/26. Part one of two. First-ever episode of the sci-fi-drama. (S1)

10.00 Westworld

7.00 **Primeval** 3/10. Disaster looms as cute but dangerous burrowing creatures threaten a busy London hospital. (S3)

8.00 **Stargate Atlantis** *Irresponsible:* 13/20. The team are taken hostage by Kolya. (S3)

9.00 **The Leftovers** *G'Day Melbourne:* 4/8. Nora's investigation into an elaborate con leads her to Australia. (S3)

10.00 **Westworld** *Virtù e Fortuna:* 3/10. Dolores makes her next move, while Bernard gets closer to the truth. (S2)

11.10 **Westworld** 4/10. The Man in Black and Lawrence follow the path to Las Mudas. (S2)
12.30 AM **The Walking Dead** 8/24. The Reapers defend Meridian from an incoming herd. (S11)
1.20 **True Blood** 3&4/10. Double bill of the fantasy drama. (S6)
3.20 **Primeval** As 7.00pm.
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 23/23. (S1)
11.00 **Hudson & Rex** 13/20. (S5)
12.00 NOON **Miss Scarlet** 5/6. (S5)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 23/23. (S1)
5.00 **Hudson & Rex** 13/20. Charlie's aunt and her friends investigate a crime. (S5)
6.00 **Father Brown** *The Word of the Condemned:* The sleuthing priest investigates the fate of Lady Felicia's goddaughter.

9.00 Annika

7.00 **Miss Scarlet** *The Enchanted Mirror:* 5/6. Eliza explores the cut-throat world of Victorian theatre. (S5)

8.00 **Death in Paradise** *The Secret of the Flame Tree:* 2/8. A literature student is pushed off a cliff to her death. (S6)

9.00 **Annika** 3/6. A scientist's body is found in Loch Katrine – and it soon turns out the victim had many enemies. (S1)

10.00 **Death in Paradise** *Death in the Salon:* 7/8. The owner of a hair salon is killed in puzzling circumstances. (S9)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 14/14. Fowler makes a deal with Neal to steal a music box from the Italian consulate. (S1)
1.00 AM **Death in Paradise** As shown at 8.00pm.
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **Last of the Summer Wine**
10.20 **Are You Being Served?**
11.00 **Porridge**
11.35 **Last of the Summer Wine**
12.55 PM **Keeping Up Appearances**
1.30 **I Didn't Know You Cared**
2.10 **Dad's Army**
2.55 **Porridge**
3.30 **Last of the Summer Wine**
4.50 **dinnerladies**
5.30 **Are You Being Served?**
6.10 **Dad's Army**
6.50 **Porridge**

10.00 Not Going Out

7.25 **The Vicar of Dibley** The villagers decide to set up a radio station, and Frank makes a startling admission on his show.

8.00 **Red Dwarf** Lister is surprised to find that he is starting to miss Rimmer. **8.40** Kochanski transports the crew to *Pride and Prejudice* world.
9.20 **The Vicar of Dibley** Geraldine hits stardom after an appearance on Terry Wogan's radio show.

10.00 **Not Going Out** Lee has trouble bonding with his new lodger. **10.35** Lee lands a new job as a caretaker.

11.15 **The Office**
11.55 **The Vicar of Dibley**
12.30 AM **Not Going Out**
1.50 **The Office**
2.20 **Here We Go**
2.55 **dinnerladies**
3.25 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** The chef uncovers the story of Cornwall's ancient capital. **5.30** Rick heads to a deer farm near Bodmin Moor.
6.00 **Hairy Bikers' Best of British** Si and Dave explore the nation's love of bread.

6.00 Hairy Bikers' Best of...

7.00 **Would I Lie to You?** With guests Ed Balls, Jo Brand, David Baddiel and Kimberly Wyatt.
7.40 **Richard Osman's House of Games** With Rhys James and David James. **8.20** Contestants include Sara Barron and Rickie Haywood-Williams.

9.00 **QI XL** Victoria Coren Mitchell, Bill Bailey and Jimmy Carr join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Professor Hannah Fry hosts the satirical quiz, with guests Zoe Lyons and Ed Patrick.
11.00 **Taskmaster** David Baddiel goes topless, while Katy Wix robs a piggy bank.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Hate Thy Neighbour**
2.55 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Kitchen vs Garden**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Big Pound Shop Swap** A Midlands family shop at a discount store.
8.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help house hunters in Belfast and County Down.
9.00 **Celebrity Gogglebox** Appraisals of *Stranger Things* and *Love Island*.
10.00 **Murder in the Outback: The Falconio and Lees Mystery**
2.05 AM **Griff's Great American South**
3.10 **George Clarke's Remarkable Renovations**
4.05 **to 5.00** AM **Supercruising: Life at Sea**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 21-23/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Ignition:* 11/24. A navy pilot is murdered. **7.00** *Flesh and Blood:* 12/24. Gibbs discovers Tony's father is linked to an assassination attempt. **8.00** *Jet Lag:* 13/24. Tony and Ziva visit Paris. (S7)
9.00 **Blue Bloods** *A Deep Blue Goodbye:* 18/22. Danny investigates when an ex-NYPD officer goes missing. (S7)
10.00 **Law & Order: Special Victims Unit** *Heightened Emotions:* 4/21. An aspiring athlete claims she is a rape victim. **11.00** *Rape Interrupted:* 5/21. A sergeant's son is accused of rape. (S18)
11.55 **The Resident** (S5)
1.50 AM **Person of Interest**
2.45 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red** New edition A joiner falls through a building floor.
11.00 **Skin A&E**
12.00 M'T **A&E: Crash Scene Emergency**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
2.05 PM FILM **The Virginian** Western remake, starring Joel McCrea. (1946, PG, 90min) ★★
3.55 **Trucking Hell**
4.55 **Traffic Cops**
5.55 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** An officer stakes out a suspect.
9.00 **Trucking Heavy: Massive Moves** Series finale A survey vessel and its cradle need moving to Felixstowe.
10.00 **Extreme Tow Truckers**
11.00 **MacGyver** 14/21. (S1)
12.00 M'T **World's Toughest Prisons** Documentary.
1.05 AM **Warship: Life in the Royal Navy**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Renowned pastry chef Steven He from Le Yeahllow delivers a magical pressure test with his Balloon Puppy Cake.
8.00 **Inside the Ambulance** Paramedics attend a cycling accident and a man having a suspected stroke.
9.00 **One Born Every Minute** Double bill.
11.00 **999 Rescue Squad**
1.00 AM **Hashtag Murder**
2.00 **to 3.00** AM **Louis Theroux: The City Addicted to Crystal Meth** Documentary.

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Pie in the Sky**
8.25 **Doctors**
9.40 **Classic Holby City**
10.45 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **Soldier, Soldier**
3.15 **The Doctor Blake Mysteries** 7/8. (S3)
4.15 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Marple** *Sleeping Murder:* A newlywed sees disturbing visions of a strangled corpse in the hallway of her home.
10.00 **New Tricks**
11.20 **Spooks** 6/10. (S5)
12.35 AM **Pie in the Sky**
1.35 **'Allo 'Allo!**
2.15 **Waiting for God**
2.45 **Sister Boniface Mysteries** 8/12. (S2)
3.35 **to 4.00** AM **The Upper Hand**

+1 hr 243 316 60 260

THURSDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Suffolk.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** Izzie Balmer and James Braxton bargain hunt in Wales and Shropshire.
8.00 **Antiques Road Trip** Izzie Balmer and James Braxton's outing takes them to north Wales.
9.00 **Help! My House Is Haunted** New edition Steve's family is haunted by a Grey Lady in Greenlaw Mansion.
10.00 **Paranormal: Caught on Camera**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room** Items include an unusual box and mystery vessels.
6.00 **Tenable** Double bill of the game show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Cops Uncut**
9.00 **Wanted: Dead or Alive**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Tombstone Territory** As 6.00pm.
1.00 PM **FILM Seminole Uprising** Western. (1955, PG, 74min) ★
2.40 **FILM Alvarez Kelly** Western drama. (1966, PG, 116min) ★★
5.00 **Wanted: Dead or Alive**
6.00 **Tombstone Territory**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Hell and High Water** Cold War thriller with Richard Widmark. (1954, PG, 103min) ★★★
11.15 **FILM Bullet to Beijing** Espionage thriller. (1995, 15, 101min) ★★
1.30 AM **FILM Collision Course** Action thriller. (2012, PG, 90min) ★★
3.30 **to 5.00** AM **Cops Uncut**
+1hour 324 319

GREAT! movies
321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Saving Lives at Sea**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mystery: Picture a Murder** Mystery. (2018, PG, 120min) ★★
1.00 PM **FILM Betrayed By Lies** Drama. (2018, PG, 86min) ★★
2.55 **FILM Cradles for Cash** Mystery. (2019, 12) ★★
5.00 **FILM Crisis Point** Thriller. (2012, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Whistleblower** Conspiracy thriller. (2010, 15, 107min) ★★★
11.25 **FILM The Daughter Stalker** Thriller. (2020, PG, 86min) ★★
1.30 AM **FILM Deadly Hope** Thriller with Alana De La Garza. (2012, PG) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM April's Flowers** Thriller. (2019, PG, 86min) ★★
+1hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM All for Love** Comedy. (2017, PG) ★★
10.05 **FILM A Romance Wedding** Comedy. (2020, PG, 85min) ★★
12.05 PM **FILM The Perfect Wedding Match** Comedy. (2021, PG, 86min) ★★
2.00 **FILM Wedding Season** Romantic comedy. (2023, U, 84min) ★★
4.05 **FILM Wedding Cake Dreams** Drama. (2021, U, 85min) ★★
6.05 **FILM One Perfect Wedding** Drama. (2021, PG, 84min) ★★
8.00 **FILM The Presence of Love** Romantic drama. (2022, PG, 84min) ★★
9.55 **FILM Me and Mr Right** Comedy. (2022, U) ★★
11.55 **FILM A Love Yarn** Comedy. (2021, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Wedding Season** Comedy. (2023, U) ★★
+1hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 20/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **The Blue and the Gray**
2.40 **Mysterious Tales** (S1)
3.00 **Mapp and Lucia** (S1)
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 1/6. (S2)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S5)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of...**
9.00 **Brass** 3&4/13. (S1)
10.00 **Game On** 2/6. (S2)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM Creature from Black Lake** Horror. (1976, PG, 90min) ★
1.50 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Yukon Men**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sig gets Mandy to invade the *Cornelia Marie*'s ground.
8.00 **Deadliest Catch** A greenhorn's life hangs in the balance.
9.00 **Expedition From Hell: The Lost Tapes** One of the most experienced team members is fired.
10.00 **Expedition Unknown** Josh Gates reexamines a case he has been chasing for years.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **The Hairy Bikers Go North** Lancashire.
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Veg**
10.00 **Northern Exposure**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Veg**
6.00 **Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Maneet's Eats** New edition
9.30 **Nadiya's Fast Flavours**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 8/24. (S8)
9.00 **The Fall Guy** 7/22. (S3)
10.00 **Knight Rider** 21/22. (S4)
11.00 **FILM The Darwin Conspiracy** Sci-fi thriller. (1999, PG, 90min) ★
1.00 PM **FILM Gunsmoke: One Man's Justice** Western. (1993, PG) ★★
3.00 **FILM Eagle's Wing** Western. (1978, PG, 111min) ★★★★
5.00 **Star Trek** 22/24. (S3)
6.00 **Knight Rider** 22/22. (S4)
7.00 **The Fall Guy** 8/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Big Kill** Western. (2019, 15, 126min) ★★
11.35 **FILM Boiling Point** Action thriller. (1992, 15, 89min) ★★★
1.25 AM **FILM Armed Response** Action thriller. (2017, 15, 93min) ★
3.15 **to 5.00** AM **FILM The Legend of the 7 Golden Vampires** Horror drama. (1974, 15, 89min) ★★
+1hour 318 316 371 139

Legend Xtra
317 316 171 69 138 51

6.00 AM **King Solomon's Mines Part 1**
8.00 **FILM Warbirds** Sci-fi war drama. (2008, 15, 87min) ★★
10.00 **Andromeda** 5/22. (S1)
11.00 **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
1.00 PM **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
3.00 **Andromeda** 5/22. (S1)
4.00 **The A-Team** 23/23. (S4)
5.00 **King Solomon's Mines Part 1**
7.00 **Andromeda** 6/22. (S1)
8.00 **The A-Team** 1/13. (S5)
9.00 **FILM The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
11.45 **FILM Death Race 2000** Darkly comic sci-fi action film. (1975, 15, 90min) ★★★
1.20 **to 3.00** AM **FILM Desolation** Thriller. (2017, 15, 86min) ★★
+1hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **Evidence of the Unexplained**
11.10 **Weird or What? With William Shatner**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **MonsterQuest**
10.00 **The Mothman Legacy**
11.40 **On the Trail of Bigfoot**
1.40 AM **National Park Mysteries** Documentary.
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Norway.
12.00 NOON **Our Family Farm Rescue with Adam Henson**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Ben visits the forests of the Rhodope Mountains in Bulgaria.
9.00 **The Middletons: How Family Shaped Our Future Queen**
10.30 **Around the World by Train with Tony Robinson** Documentary.
11.00 **Prisoner: Cell Block H**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **My Dream Derelict Home in the Sun** A derelict religious chapel in Catalonia.
10.00 **NEW SERIES The Flipping El Moussas** Tarek and Heather El Moussa take on their most extreme flip to date.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **1000-lb Sisters**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I...**
2.00 **1000-lb Sisters**
3.00 **Body Bizarre**
4.00 **I Didn't Know I...**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing** (S7)
11.00 **Everybody Loves Raymond** (S6)
12.50 PM **Last Man Standing**
1.45 **Friends** (S9)
7.00 **Friends** 16/24. Monica asks Joey for money. **7.30** 17/24. A joke backfires on Chandler. **8.00** 18/24. The gang decide to play the lottery. **8.30** 19/24. Rachel joins Joey on the set of *Days of Our Lives*. (S9)
9.00 **Russell Howard: Wonderbox** Stand-up.
10.00 **South Park** New episode
10.30 **South Park**
1.30 AM **CC Live: Stand Up Shorts**
2.00 **Broad City** (S4)
3.00 **Stupid Central**
3.50 **Important Things with Demetri Martin**
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 8&9/13. (S4)
10.55 **Friends** (S10&5)
1.10 PM **Impractical Jokers**
2.05 **Daria** 10&11/13. (S4)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S7)
7.00 **Everybody Loves Raymond** (S6)
9.00 **New Girl** (S6)
10.00 **Friends** 19-24/24. (S8)
1.00 AM **Beavis and Butt-Head** (S7)
2.00 **Key & Peele** (S3)
3.00 **Jack Whitehall: Comedy Central Live**
3.20 **David O'Doherty: Comedy Central Live**
3.45 **Ed Gamble at the Comedy Store**
4.05 **Iain Stirling at the Comedy Store**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare UK**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure** 4&5/13. (S2)
2.00 PM **The Force: Manchester**
3.00 **Border Security: America's Front Line**
4.00 **Border Patrol**
6.00 **Blood & Treasure** (S2)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **SurrealEstate** 7&8/10. Double bill. (S2)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Dingle to Dover**
2.00 **Duck Quacks Don't Echo** With Sue Perkins.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
11.00 **Catfish: The Dramatic**
12.00 NOON **Catfish: The TV Show** Triple bill.
3.00 PM **Catfish: The Dramatic** Reality series.
4.00 **Catfish: Scammed**
5.00 **Catfish: The TV Show**
6.00 **Dallas Cowboys Cheerleaders**
7.00 **Laguna Beach: The Real Orange County**
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!**
10.00 **Jersey Shore Family Vacation** Reality series.
11.00 **The Challenge: Vets & New Threats** New edition
12.30 AM **Love & Hip Hop: Atlanta** New edition
1.25 **Ink Master**
3.10 **to 4.00** AM **Caught in the Act: Unfaithful**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Railroad Alaska**
9.00 **Dual Survival**
11.00 **Bad Chad Customs**
1.00 PM **Gold Divers** Double bill.
3.00 **Gold Rush** Rick digs his last gold of the season.
5.00 **Building Off the Grid** A woman uses her artistic background to construct a sanctuary in the woods.
6.00 **Baggage Battles** The auction specialists visit Atlanta, Georgia. **6.30** A box of old licence plates go on sale in Nashville.

9.00 In the Eye of the Storm

7.00 **Wheeler Dealers: Dream Car** The boys race to get a man with a degenerative condition his dream sports car.
8.00 **Roadworthy Rescues** Derek and Dave Chappelle find an old dually among a flock of chickens in rural Kentucky.
9.00 NEW SERIES **In the Eye of the Storm** A monster derecho spawns destructive tornadoes across Texas.
10.00 **Marooned with Ed Stafford** Ancient Mayan hunting techniques in the Guatemalan jungle.
11.00 **Buying Alaska** A family hope to escape into the wilderness. **11.30** Wes and Angela own an air taxi company in Alaska.
12.00 M'T **Moonshiners**
1.00 AM **In the Eye of the Storm**
2.00 **Marooned with Ed Stafford**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Flying Wild Alaska**
9.00 **Bad Dog!**
10.00 **Tanked**
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Flying Wild Alaska**
4.00 **Flying Wild Alaska** Crews race to complete a hangar before the winter snow arrives.
5.00 **Lone Star Law** Marshall leads a poaching investigation.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog needs emergency treatment after being shot.

10.00 Mountain Monsters

7.00 **Treehouse Masters** Pete is in New York's Catskill Mountains to construct a glasshouse in the sky.
8.00 **Alaska: Surviving the Last Frontier** Following four groups of ordinary people as they travel into the wilderness of Alaska.
9.00 **Alaska: The Last Frontier** Charlotte, Eivin and Eve fight the tide to rescue a cow, and Atz Lee and Jane go kayak fishing.
10.00 **Mountain Monsters** The team continue to explore the legend of Spearfinger and set off to investigate the Cherokee death cat.
11.00 **Pit Bulls & Parolees** Mariah faces a challenging rescue.
12.00 M'T **Crikey! It's the Irwins** A beloved crocodile falls ill.
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Airport Security: Rome**
2.00 PM **Nazi Megastructures: Battle Ready** Documentary.
3.00 **Churchill's German Army**
4.00 **Alcatraz: What Lies Beneath?**
5.00 **Car S.O.S.** Restoring a Jeep Grand Cherokee in Somerset.
6.00 **Hitler's Last Stand** An American soldier crawls through a minefield to capture German machine gun nests.

10.00 Lawless Island

7.00 **Air Crash Investigation** The case of a plane that flew into a massive storm over Indonesia during the country's rainy season.
8.00 **Inside Airport Lost & Found** New edition A collection of vintage rackets and a dog toy.
9.00 **Car S.O.S.** Tim Shaw and Fuzz Townshend restore a Lexus IS200 and transform it into a full-blown drift car.
10.00 **Lawless Island** New edition Sam's desire to silence his generators ignites a fire.
11.00 **Air Crash Investigation** A plane that nosedived.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings** Documentary.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Alone** As 10.00pm.
2.00 **The UnBelievable with Dan Aykroyd** As 9.00pm
3.00 **Secret Societies: In the Shadows** Documentary.
5.00 **Contraband: Seized at Sea**
6.00 **American Pickers** The Wolfe brothers find the granddaddy of all pinball machines.

9.00 The UnBelievable

7.00 **Forged in Fire** The recreation of the famous battle sword wielded by Napoleon.
8.00 **Swamp People: Serpent Invasion** New edition Zak and Aaron go after two invasive species at once.
9.00 **The UnBelievable with Dan Aykroyd** New edition The actor explores the strangest crimes in history.
10.00 **Alone** New edition The Karoo Desert's heat and lack of shade continue to force the survivalists to focus on getting water.
11.00 **The UnBelievable with Dan Aykroyd** Some of the strangest experiments on record that boggle the mind.
12.00 M'T **Evil Encounters**
12.55 AM **The Proof Is Out There**
1.50 **The UnBelievable with Dan Aykroyd** As 9.00pm.
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **Nazi Hunters**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Nazi Hunters** Tracking down Gestapo officers.
5.00 **War Factories** How the Mitsubishi Zero was reduced to a kamikaze plane.
6.00 **Antiques Roadshow** The experts are at Edinburgh's National Gallery of Modern Art.

8.00 Bangers & Cash

7.00 **Simon Reeve's South America** Simon travels from Chile's Atacama Desert and follows the Andes to Patagonia.
8.00 **Bangers & Cash** New edition Paul and daughter Kate collect a Series 1 Land Rover.
9.00 **Bangers & Cash** Paul and his son Charlie head to Leicestershire to collect a vintage Albion truck.
10.00 **Bangers & Cash** Dave Mathewson has put his best clean T-shirt on to collect a 1965 Land Rover from a stately home.
11.00 **Billy Connolly Does...** Billy explains that when it comes to culture, for him, anything goes.
12.00 M'T **Bangers & Cash: Restoring Classics** A 1979 Lotus Esprit S3.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1hour 255 329

Thursday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team restore a train set and a sailor's trinket box.
8.00 **Salvage Hunters** Drew takes Al on a tour of trusted contacts.
10.00 **Secret Life of the Auction House** New edition Queen Victoria's belongings go under the hammer.
11.00 **How Do They Do It?**
1.00 AM **Fifth Gear Recharged**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition
10.00 **Evil Lives Here: Shadows of Death**
11.00 **Murder on CCTV**
12.00 M'T **The Murder of Sarah Everard: A Faking It Special**
1.00 AM **The Murder of Arthur Labinjo-Hughes: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **The Hunt For the Chameleon Killer** A tangled web of stolen identities is revealed.
8.00 **Killers: Caught on Camera** Featuring a lover's quarrel and a killer with a lot to hide.
9.00 **Murder: First on Scene** A victim is partially decapitated during a home-invasion.
10.00 **Prosecuting Evil with Kelly Siegler** Amy Robinson had just got her first job with tragic consequences.
11.00 **The Truth About My Murder** Double bill.
1.00 AM **Murder: First on Scene** As 9.00pm.
2.00 **Prosecuting Evil with Kelly Siegler**
3.00 **Killers: On Camera**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Evidence of Evil**
4.00 **Medical Detectives** Investigators piece together evidence of a Native American woman's murder. **4.30** Arsenic is found in the blood of a dead woman who was due to testify in court. **5.00** The murder of a dry cleaning employee. **5.30** Police think a millionaire's death was made to look like a theft. **6.00** Police investigate the disappearance of a young woman. **6.30** A witness's home explodes after he gives his testimony.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That Shocked the Nation**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That...**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
11.00 **Who Killed Jill Halliburton Su?**
12.05 AM **Killing Mum and Dad**
1.05 **Murders That...**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The Lafayette Squadron** Documentary.
9.25 **Digging Up Britain's Past** Documentary.
10.35 **WW2: Battle of Crete**
11.50 **Jungle War**
1.00 PM **Grand Tours of the Scottish Islands**
1.50 **The Lafayette Squadron** Documentary.
3.00 **Digging Up Britain's Past** Documentary.
4.05 **WW2: Battle of Crete**
5.15 **Jungle War**
6.20 **The Lafayette Squadron** Documentary.
7.35 **Digging Up Britain's Past** A dig at Auckland Castle in Co Durham.
8.35 **WW2: Battle of Crete**
9.50 **Jungle War**
10.55 **Digging Up Britain's Past** Documentary.
12.00 M'T **WW2: Battle of Crete** Documentary.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Whoopi Goldberg**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Janet Jackson**
10.55 **Burden of Proof: Who Killed Jennifer Pandos?**
12.00 NOON **Terry Venables: A Man Can Dream** Documentary.
2.00 PM **Hurst: The First and Only**
3.50 **My Icon: Chris Hughton**
4.00 **Discovering: Whoopi Goldberg**
5.00 **The Directors**
6.00 **The Sixties**
6.55 **Burden of Proof: Who Killed Jennifer Pandos?** 4/4.
8.00 **The Man Who Bought Cricket** 3/3. Allen Stanford moves his operation to Antigua.
9.00 **Flight 149: Hostage of War** The story of the passengers of a British Airways flight held hostage in Kuwait City in 1990.
10.50 **Chernobyl: The Lost Tapes**
12.50 AM **100 Foot Wave**
1.50 **Dettori** Profile of Frankie Dettori.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Whoopi Goldberg**

Sky Nature

145 113/114 189 354 369

6.00 AM **Cub Camp**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Secret Life of the Koala**
10.00 **Jaguar Journals**
11.00 **Hope for Wildlife: The Next Generation**
12.00 NOON **Reef Wrecks**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Secret Life of the Koala**
4.00 **Jaguar Journals**
5.00 **Shadowlands**
6.00 **Reef Wrecks**
7.00 **Monkey Life** Double bill.
8.00 **Great Parks of Africa** Kgalagadi Transfrontier Park.
9.00 **Arctic from Above**
10.00 **Reef Wrecks**
11.00 **Shadowlands**
12.00 M'T **Hope for Wildlife: The Next Generation**
1.00 AM **Cub Camp**
2.00 **Great Parks of Africa**
3.00 **Arctic from Above**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Secret Life of the Koala**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Great Escapes with Morgan Freeman**
9.00 **Digging Up Britain's Past**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Great Escapes with Morgan Freeman**
2.00 **Digging Up Britain's Past**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **Lost Worlds**
6.00 **Celts: The Untold Story**
7.00 **What on Earth?** Unusual patterns in an English field that could be an alien message.
8.00 **History's Greatest Mysteries** An lost English settlement in the New World.
9.00 **Secrets of the Hells Angels** The experiences of Charles 'Peewee' Goldsmith.
10.00 **Life After People**
11.00 **Haunted Hospitals**
12.00 M'T **Ancient Aliens**
2.00 AM **Alien Files: Unsealed**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Exhumed: Killer Revealed** Documentary.
1.00 PM **Murder By Medic**
2.00 **Judge Rinder's Crime Stories**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Robbie Coltrane's Critical Evidence** David Gilroy.
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **The First 48** New edition
10.00 **Interrogation Raw** New edition
11.00 **Homicide Hunter**
12.00 M'T **Murder By Medic**
1.00 AM **The First 48**
2.00 **Interrogation Raw**
3.00 **Exhumed: Killer Revealed**
4.00 **Robbie Coltrane's Critical Evidence** David Gilroy.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Last of the Giants: Wild Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Hunters of the Reef**
3.00 **America's National Parks**
4.00 **Secrets of the Zoo: North Carolina**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Wild Mediterranean** 1/2. Following predators and prey who are battling for survival in the Mediterranean. **9.00** 2/2. Wildlife of the serene waters along the Mediterranean coastline.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** The team hear from local fishermen about a jungle lagoon.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Concorde: The Final Flight**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003.
9.00 **Paranormal Declassified** Paul Beban searches for the truth about sea monsters.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **The 1980s: The Deadliest Decade** The case of Hare Krishna devotee Charles St Denis, who disappeared in 1983.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Africa from Above**
1.00 PM **Africa from Above**
7.00 **Africa from Above** Exploring the spectacular landscapes of Cameroon, a sovereign nation renowned for its diversity, from the breathtaking coastal regions on the Atlantic to the shores of Lake Ossa. **8.00** Exploring the landscapes of Botswana, from the salt pans of the Makgadikgadi, over the maze of marshlands and floodplains of the Okavango Delta, to the Kalahari desert. **9.00** Exploring the people, places and wildlife of South Africa from above, featuring dramatic coasts that teem with wildlife to bustling cities. **10.00** An in-depth look at the Kenyan Highlands, the country's vast savannahs, and the stunning turquoise waters of the Indian Ocean.
11.00 **Africa from Above**
5.20 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **The Lies That Bind**
9.00 **The 1990s: The Deadliest Decade** Double bill.
11.00 **Caught in the Net**
1.00 PM **Murder Under the Friday Night Lights** Double bill.
3.00 **Murder in the Heartland**
5.00 **Who the (Bleep) Did I Marry?**
7.00 **I Am Homicide** How a mobile home was set ablaze to conceal the truth about a murder. **8.00** Detective McFadden recalls a deadly robbery at a fast food joint, in which he found the victim had been targeted for execution.
9.00 **How (Not) to Get Rid of a Body** When a young couple go missing in Eureka, Utah, detectives from neighbouring counties work together to track down their bodies.
10.00 **Road Rage** Double bill.
11.00 **Exposed: Naked Crimes**
12.00 M'T **Hear No Evil**
2.00 AM **Who the (Bleep) Did I Marry?** Double bill of editions.
4.00 **to 6.00** AM **I Am Homicide**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** Shorty's friend Monty wants to rebuild the car of his youth.
9.00 **Richard Hammond's Big** The world's longest underground railway connection.
10.00 **Bad Chad Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Trans Am**

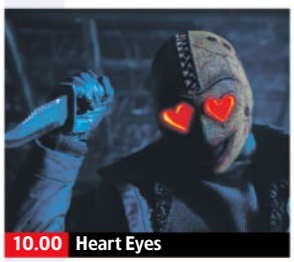
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Gator Creek** Horror thriller. (2025, 15, 87min) ★
8.00 **The Mountain** Comedy drama. (2024, PG, 89min) ★★★★
9.35 **Sonic the Hedgehog 3**
11.30 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
2.10 PM **The Room Next Door** Drama. (2024, 12) ★★★★
4.05 **September 5** Thriller. (2024, 15, 95min) ★★★★
5.50 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★



10.00 Heart Eyes

8.00 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Heart Eyes Horror comedy starring Mason Gooding and Olivia Holt. A serial killer targets romantic partners on Valentine's Day. (2025, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Long Gone Heroes** Action thriller. (2024, 15, 101min)
1.35 AM **Saturday Night** Comedy drama with Gabriel LaBelle. (2024, 15, 109min) ★★★★
3.35 **Rumours** Horror comedy. (2024, 15, 104min) ★★★
5.25 **to 7.25** AM **The Thicket** Western with Peter Dinklage. (2024, 15, 108min) ★★★

Sky Cinema Hits

303 303 403 503 517

7.15 AM **Five Nights at Freddy's**
9.05 **Charlie's Angels: Full Throttle**
10.55 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
12.45 PM **The First Wives Club** Comedy. (1996, PG) ★★★
2.30 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
4.10 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
6.00 **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★★

6.00 Charlie's Angels...

8.00 Knocked Up Romantic comedy starring Seth Rogen and Katherine Heigl. An unemployed slacker gets a gorgeous TV reporter pregnant during a drunken one-night stand. With Paul Rudd, Leslie Mann and Jason Segel. (2007, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Django Unchained Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Five Nights at Freddy's** Horror. (2023, 15, 109min) ★★
3.00 **The Cinema List: Antiheroes**
3.15 **Calvary** Darkly comic drama. (2014, 15, 99min) ★★★★
5.10 **Sky Cinema Preview**
5.45 **to 7.40** AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.25 AM **You Can Live Forever**
9.15 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
11.15 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
1.20 PM **Lost in Translation** Romantic comedy drama. (2003, 15, 102min) ★★★★★
3.05 **Drift** As shown at 12.00m't.
4.45 **Rurangi** Drama with Elz Carrad. (2020, 15, 87min) ★★★★

6.25 **Poison** Drama starring Tim Roth. (2024, PG, 86min) ★★★★
8.00 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. A widow begins receiving letters from her recently deceased husband to help her cope with her grief. With Lisa Kudrow. (2007, 12, 121min) ★★★
10.15 **You Can Live Forever** Drama starring Anwen O'Driscoll. (2022, 15, 96min) ★★★

12.00 M'T **Drift** Drama starring Cynthia Erivo and Alia Shawkat. (2023, 15, 93min) ★★★★
1.40 AM **Rurangi** As 4.45pm.
3.10 **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
5.35 **to 7.20** AM **Poison** As 6.25pm.

Sky Cinema Star Trek

311 311 411 511 525

7.05 AM **Star Trek The Motion Picture** Sci-fi adventure. (1979, U, 132min) ★★★
9.15 **Star Trek II: The Wrath of Khan** Sci-fi. (1982, 12, 113min) ★★★★
11.10 **Star Trek III: The Search for Spock** Sci-fi adventure. (1984, PG, 105min) ★★
1.00 PM **Star Trek IV: The Voyage Home** Sci-fi adventure. (1986, PG, 119min) ★★★★

3.00 **Star Trek V: The Final Frontier** Sci-fi. (1989, PG, 100min) ★★
4.50 **Star Trek VI: The Undiscovered Country** Sci-fi. (1991, PG, 109min) ★★★★
6.45 **Star Trek Into Darkness** Sci-fi adventure starring Chris Pine and Zachary Quinto. The USS *Enterprise* pursues a rogue Federation officer with a secret past. (2013, 12, 132min) ★★★★
9.00 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★

11.05 **Star Trek: Generations** Sci-fi. (1994, PG, 118min) ★★★
1.05 AM **Star Trek: First Contact** Sci-fi. (1996, 12, 110min) ★★★★
3.05 **Star Trek: Insurrection** Sci-fi. (1998, PG, 105min) ★★★
4.55 **to 6.55** AM **Star Trek: Nemesis** Sci-fi. (2002, 12, 116min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.05 AM **Nativity 3: Dude, Where's My Donkey?!**
9.00 **Yogi Bear** (2010, U) ★★★
10.30 **The SpongeBob SquarePants Movie** (2004, U) ★★★★
12.15 PM **Hook** Fantasy adventure. (1991, U, 140min) ★★★
2.50 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
4.25 **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
6.00 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★

8.40 The Flintstones

8.40 **The Flintstones** Comedy based on the classic cartoon series set in the Stone Age town of Bedrock, starring John Goodman, Rick Moranis, Elizabeth Perkins, Rosie O'Donnell and Halle Berry. (1994, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

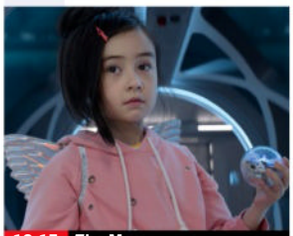
10.15 **The Flintstones in Viva Rock Vegas** Prehistoric comedy prequel with Mark Addy and Stephen Baldwin. (2000, PG, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Nativity 3: Dude, Where's My Donkey?!** Family comedy sequel starring Martin Clunes. (2014, U, 119min) ★
1.50 AM **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
3.35 **My Penguin Friend** Drama. (2024, PG, 98min) ★★★★
5.20 **to 7.10** AM **Save the Cinema** Fact-based comedy drama. (2021, 12, 109min) ★★★

Sky Cinema Action

307 307 407 507 521

6.30 AM **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
8.25 **R.I.P.D** As shown at 3.45am.
10.05 **Seeking Justice** As 1.55am.
11.55 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★
2.05 PM **Fast & Furious 6** Action thriller sequel with Vin Diesel. (2013, 12, 125min) ★★★
4.20 **Green Lantern** Adventure. (2011, 12, 114min) ★★
6.20 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★


10.15 The Meg

8.00 **Snow White and the Huntsman** Fantasy with Kristen Stewart and Chris Hemsworth. Young princess Snow White tries to overcome her evil stepmother with the aid of a widowed huntsman and a group of dwarfs. (2012, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Meg** Action thriller starring Jason Statham. A rescue diver is hired to save the crew of a deep-sea submersible from a 75ft-long shark. (2018, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Jackie Chan's Armour of God** Martial arts thriller. (1986, 15, 95min) ★★★
1.55 **Seeking Justice** Thriller. (2011, 15, 104min) ★★
3.45 **R.I.P.D** Action comedy. (2013, 12, 96min) ★★★
5.25 **to 7.20** AM **Shaolin Soccer** Martial arts sports comedy. (2001, 12, 113min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **Multiplicity** As 2.05pm.
8.05 **Ferris Bueller's Day Off**
10.00 **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★
11.55 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
2.05 PM **Multiplicity** Fantasy. (1996, 12, 117min) ★★★
4.15 **Ferris Bueller's Day Off** Teen comedy. (1986, 12) ★★★★
6.15 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★

4.15 Ferris Bueller's Day Off

8.00 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy. Overweight college professor Sherman Klump decides to rid himself of his troublesome alter ego by altering his DNA. (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Talladega Nights: The Ballad of Ricky Bobby** Comedy with Will Ferrell, John C Reilly and Sacha Baron Cohen. A stock car racer rises to the top, but his pride takes a dent when a French Formula One driver challenges his supremacy. (2006, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Finding Your Feet** Comedy drama. (2017, 12, 109min) ★★
2.05 **Click** Fantasy comedy. (2006, 12, 103min) ★★★★
4.05 **to 6.10** AM **Baywatch** Action comedy. (2017, 15, 121min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.25 AM **Along Came a Spider**
9.20 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
11.25 **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
1.30 PM **Jaws** Steven Spielberg's thriller starring Roy Scheider. (1975, 12, 125min) ★★★★★
3.45 **Jaws 2** Adventure thriller sequel starring Roy Scheider. (1978, PG, 115min) ★★★
5.50 **The Dry** Mystery thriller. (2020, 15, 117min) ★★★★

8.00 The Perfect Storm

8.00 **The Perfect Storm** Fact-based action drama starring George Clooney and Mark Wahlberg. In October 1991, six New England fishermen get caught in a terrifying storm. With Mary Elizabeth Mastrantonio. (2000, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Lawless** Prohibition-era crime drama starring Shia LaBeouf and Tom Hardy. Three brothers run a profitable moonshine business in 1930s Virginia until the appointment of a corrupt deputy. (2012, 18, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Melancholia** Thriller. (1989, 15, 85min) ★★★
1.45 **Along Came a Spider** Thriller. (2001, 15, 103min) ★★★
3.35 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
5.25 **to 7.05** AM **Barber** Mystery. (2023, 15, 90min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Dragonball Evolution** Fantasy. (2009, PG) ★★
12.40 PM **Bumblebee** *Transformers* prequel with Hailee Steinfeld. (2018, PG, 114min) ★★★★
2.55 **Prince Valiant** Adventure. (1954, PG, 100min) ★★★
5.00 **Spies in Disguise** Animation. (2019, PG, 98min) ★★★★
7.05 **10 Things I Hate About You** Romantic teen comedy. (1999, 12, 97min) ★★★★

9.00 Nope

10 Things I Hate About You (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Nope** Writer-director Jordan Peele's sci-fi thriller starring Daniel Kaluuya, Keke Palmer and Steven Yeun. The residents of a lonely valley in inland California bear witness to an uncanny and chilling discovery. (2022, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Ready or Not** Horror comedy starring Samara Weaving. A bride's wedding night takes a sinister turn when her in-laws force her to take part in a terrifying game. (2019, 18, 95min) ★★★★
1.25 **to 3.35** AM **Pet Sematary** Horror with Jason Clarke, Amy Seimetz and John Lithgow. (2019, 15, 101min) ★★★

+1 hour 314 430 47 301 257

8 PM **9 PM** **10 PM** **11 PM**

Sky Cinema Favourites

302 302 402 502 516

6.30 AM **Chicago** As 4.10pm.
8.30 **Miss Congeniality** As 6.05pm.
10.25 **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
12.10 PM **Erin Brockovich** Drama. (2000, 15, 133min) ★★★★
2.25 **The Truman Show** As 11.35pm.
4.10 **Chicago** Oscar-winning musical. (2002, 12, 112min) ★★★★
6.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★

8.00 **Horrible Bosses** Farcical comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. Three longtime friends hatch a plot to get rid of their tyrannical employers. With Jennifer Aniston. (2011, 15, 93min) ★★★
9.50 **The Hangover** Dark comedy starring Bradley Cooper, Ed Helms and Zach Galifianakis. Three friends try to find the missing groom after a riotous bachelor party in Las Vegas. (2009, 15, 99min) ★★★★

11.35 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
1.25 AM **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★
3.20 **Wimbledon** Sports comedy. (2004, 12, 98min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

7.50 AM **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
9.30 **The Quiet Man** Romantic drama. (1952, U, 129min) ★★★
11.45 **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
1.55 PM **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
3.35 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★

5.15 **The Bridge on the River Kwai** David Lean's Oscar-winning World War Two drama with Alec Guinness and William Holden. (1957, PG, 161min) ★★★★★
8.00 **Schindler's List** Steven Spielberg's Oscar-winning historical drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1,000 Jews. (1993, 15, 195min) ★★★★★

11.15 **Two Mules for Sister Sara** Vintage comedy Western. (1969, 15, 114min) ★★★
1.15 AM **Champion** As 7.50am.
2.55 **Rear Window** Hitchcock thriller. (1954, PG, 112min) ★★★★★
4.55 **to 7.40** AM **The Firm** Legal thriller. (1993, 15, 155min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Trolls Band Together**
7.45 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
9.30 **The Boss Baby** As 4.00pm.
11.15 **Madagascar: Escape 2 Africa**
12.50 PM **Migration** Animated comedy. (2023, U, 83min) ★★★
2.20 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
4.00 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★

5.40 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.15 **Smurfs: The Lost Village** Animation. (2017, U) ★★★
8.50 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
10.25 **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★
11.50 **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★★
1.15 AM **Little Vampire** Animation. (2020, PG, 85min) ★★★

2.40 **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★★
4.20 **Batman Unlimited: Monster Mayhem** Animated adventure. (2015, PG, 76min) ★★★
5.45 **to 7.00** AM **The Swan Princess: The Secret of the Castle** Animation. (1997, U, 89min) ★★

Movies 24

312 313 419

7.00 AM **The Royal We** Romantic comedy. (2025, PG, 84min) ★★
9.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
11.00 **To Her, With Love** Romantic drama. (2022, PG, 84min) ★★
1.00 PM **Write Place, Write Time** Romantic comedy drama. (2023, PG, 85min) ★★
3.00 **Never Too Late to Celebrate** Drama. (2023, PG, 90min) ★★

5.00 **The Love Hunt** Romantic comedy. (2023, PG, 89min) ★★
7.00 **Return to Office** Romantic drama starring Janel Parrish. (2025, PG, 84min) ★★
9.00 **Groundswell** Romantic comedy starring Lacey Chabert and Ektor Rivera. A surf instructor helps a chef to get her life on track after a series of personal and professional setbacks. (2022, PG, 84min) ★★
11.00 **Hearts in the Game** Romantic comedy. (2023, PG, 84min) ★★

1.00 AM **Luckless in Love** Romantic comedy starring Paniz Zade. (2023, PG, 86min) ★★
3.00 **to 5.00** AM **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sherlock Holmes** (S1)
6.30 **The Broken Horseshoe** Thriller. (1953, b/w, U, 79min) ★★
8.05 **Once a Sinner** Drama. (1950, b/w, PG, 80min) ★★★
9.40 **What's On TPTV with Noel**
9.50 **Murder In Reverse** Thriller. (1946, b/w, PG, 80min) ★★★
11.25 **The Ghost Goes West** Fantasy. (1935, b/w, PG, 85min) ★★
1.05 PM **Look at Life**

1.20 **The Golden Hawk** Swashbuckling adventure. (1952, U, 84min) ★★★
3.00 **Crown Court** Triple bill.
4.30 **Cactus Flower** Romantic comedy with Walter Matthau. (1969, PG, 103min) ★★★
6.35 **A Day Begins in Manchester**
7.00 **Glencannon** 20/39. (S1)
7.30 **The Cheaters** 12/27. (S2)
8.00 **The Brothers** 10/16. (S7)
9.05 **Assignment K** Spy thriller starring Stephen Boyd. (1967, U, 97min) ★★★

11.00 **The Fourth War** Thriller. (1990, 15, 87min) ★★★
12.50 AM **Malice** Suspense thriller. (1993, 15, 102min) ★★★
3.00 **Warp Speed** Sci-fi thriller. (1980, 15, 100min) ★★
4.40 **to 6.00** AM **Profile** Thriller. (1954, b/w, PG, 66min) ★★

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA Tennis** Coverage of day three of the WTA Monterrey Open, a hard-court tournament at Club Sonoma in Mexico.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
12.30 PM **LIVE DP World Tour Golf** Coverage of day one of the Betfred British Masters from the Belfry in Wishaw, Warwickshire.
6.00 **LIVE PGA Tour Golf** Coverage of day one of the Tour Championship, the final event of the FedExCup Playoffs, held at East Lake Golf Club in Atlanta.
11.00 **Sky Sports News**
12.00 M'T **LIVE US Open Tennis** Top players past and present take to the court for exhibition matches.
3.00 AM **LIVE WTA & ATP Tennis** Coverage from the tours, including the WTA Monterrey Open, WTA Cleveland Open and ATP Winston-Salem Open.
3.30 **to 6.00** AM **LIVE WTA Tennis** Day four of the WTA Monterrey Open, a hard-court tournament

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Retro** West Ham United v Tottenham Hotspur from 2006/07.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **The Transfer Show** An analysis of the latest transfer news.
8.00 **The Big Interview** With a Premier League star of the past or present.
8.30 **Premier League Stories** A profile of Olivier Giroud.
9.00 **The Big Interview** With a Premier League star of the past or present.
9.30 **Premier League Stories** A profile of Olivier Giroud.
10.00 **Premier League Icons** A profile of Carlos Tevez.
10.30 **Mental Health: Conor Coady**
10.45 **Mental Health: Harry Toffolo**
11.00 **Premier League Years**
1.00 AM **PL Retro** Another chance to see Manchester United v Liverpool from the 2008/09 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro** From 2012.
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries**
12.00 NOON **EFL** Recent action.
2.00 PM **EFL Cup Highlights**
2.30 **EFL Highlights**
5.00 **EFL Greatest Games**
6.00 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **EFL Highlights** Recent action from the Championship.
9.30 **EFL Highlights** Blackburn Rovers v Birmingham City. **9.45** Bristol City v Charlton Athletic in the Championship. **10.00** Hull City v Oxford United. **10.15** Millwall v Middlesbrough. **10.30** Preston North End v Leicester City in the Championship. **10.45** Sheffield Wednesday v Stoke City in the Championship.
11.00 **EFL Greatest Games**
12.00 M'T **SPFL Greatest Games**
2.00 AM **SPFL Highlights**
2.45 **SPFL Greatest Games**
3.45 **SPFL Highlights**
5.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** Welsh Fire Women v Southern Brave Women.
9.15 **The Hundred Bitesize** Brief highlights from recent matches.
10.30 **The Hundred** Welsh Fire Men v Southern Brave Men.
2.00 PM **The Hundred Bitesize**
2.45 **LIVE The Hundred Oval Invincibles Women v Trent Rockets Women.** Coverage of the match from the Kia Oval, London. Start-time **3.00pm**.
6.00 **LIVE The Hundred Oval Invincibles Men v Trent Rockets Men.** Coverage of the match from the Kia Oval, London. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Brief highlights of Oval Invincibles Men v Trent Rockets Men. **9.45** Highlights of Oval Invincibles Women v Trent Rockets Women. **10.00** Oval Invincibles Men v Trent Rockets Men.
10.15 **The Hundred** Oval Invincibles Women v Trent Rockets Women.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Oval Invincibles Men v Trent Rockets Men.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf**
7.00 **PGA Tour Champions**
8.00 **LPGA Tour Golf**
10.00 **PGA Tour Golf**
11.00 **PGA Tour: The Cut**
11.30 **HotelPlanner Tour Golf**
12.00 NOON **Countdown to the 2025 Ryder Cup**
12.30 PM **LIVE DP World Tour Golf** Coverage of day one of the Betfred British Masters from the Belfry in Wishaw, Warwickshire.
6.00 **LIVE PGA Tour Golf** Coverage of day one of the Tour Championship, the final event of the FedExCup Playoffs, held at East Lake Golf Club in Atlanta.
11.00 **PGA Tour Champions Learning Centre** Golf tips and advice.
11.30 **HotelPlanner Tour Golf**
12.00 M'T **DP World Tour Golf**
2.00 AM **Golf Academy**
3.00 **PGA Tour Golf**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA Tennis** Day three of the WTA Monterrey Open.
6.30 **Tennis** Highlights.
8.00 **ATP Tour This Week**
8.30 **Tennis** Recent action.
10.00 **US Open Tennis** Recent action.
12.00 NOON **ATP Tour This Week**
12.30 PM **Tennis** Recent action.
2.00 **WTA & ATP Tennis**
4.00 **LIVE WTA & ATP Tennis** The latest coverage from the WTA and ATP Tours.
12.00 M'T **LIVE US Open Tennis** Top players past and present play some exhibition tennis.
3.00 AM **LIVE WTA & ATP Tennis** The latest coverage from the WTA and ATP Tours.
3.30 **to 6.00** AM **LIVE WTA Tennis** Day four of the Monterrey Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **UEFA Champions League**
10.00 **Premier League Reload**
10.15 **LIVE AFL** An Australian Rules Football match from the final round of regular-season fixtures.
1.30 PM **TNT Sports Reload**
2.00 **No Filter Cycling**
2.15 **The Gruppetto** Cycling action.
2.30 **LIVE Cycling** Coverage of stage two of the Renewi Tour.
4.15 **TNT Sports Reload**
4.30 **The Football Archives: UEFA Champions League**
5.00 **Premier League Netbusters**
5.30 **Premier League: Big Interview**
6.00 **MLB Highlights** Baseball action.
7.00 **LIVE MLB Kansas City Royals v Texas Rangers.** From Kauffman Stadium. Start-time **7.10pm**.
10.15 **MLB: Off the Bat**
10.45 **MLB Classic** From 1973.
11.00 **MLB Highlights** Baseball action.
12.00 M'T **LIVE MLB New York Yankees v Boston Red Sox.** Start-time **12.15am**.
3.15 AM **MLB Plays of the Week**
3.45 **TNT Sports Cricket Reload**
4.00 **to 6.00** AM **LIVE One Day International Cricket Australia v South Africa.**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Highlights**
7.00 **Cycling** The Renewi Tour.
8.00 **Ibiza Marathon**
8.30 **Le Marathon des Sables**
9.00 **Fishing: On the Bank**
10.00 **What I Wore**
10.30 **Premier League Netbusters**
11.00 **European Rally Championship Highlights** The Rally Czech.
11.30 **Discovery Golf**
12.00 NOON **Premier League Review**
1.00 PM **MLB Highlights**
2.00 **MotoGP Highlights**
3.00 **Ultimate Pool** Action from Group 12 of the Pairs Cup.
4.30 **Saudi Masters Snooker** A review of the 2025 tournament.
5.30 **UEFA Champions League**
9.30 **Hard Knocks** Behind the scenes of the Buffalo Bills' training camp.
10.45 **Premier League Netbusters**
11.15 **Training Day** Spending the day with Newcastle United.
11.30 **LIVE CPL St Kitts & Nevis Patriots v Barbados Royals.** Coverage of the T20 match at Warner Park Sporting Complex in Basseterre, St. Kitts and Nevis.
4.00 AM **Cycling** The Renewi Tour.
5.00 **to 6.00** AM **Men's Cycling Pro Series**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 **The Rugby Championship** Argentina v Australia from 2024. **10.00** A chance to see South Africa v New Zealand from 2024.
12.00 NOON **Rugby League Retro** Another chance to see Wigan Warriors v St Helens from 2011. **2.00** PM Action from Hull Kingston Rovers v Salford Red Devils in the 2016 Million Pound Game.
4.00 **World Matchplay Darts** Action from the final on day nine of the tournament in Blackpool.
6.30 **British and Irish Lions Tour** Australia v British & Irish Lions.
7.30 **LIVE Super League Leeds Rhinos v Hull Kingston Rovers.** Coverage of the match from the 23rd round of fixtures, which takes place at AMT Headingley Stadium. Kick-off **8.00pm**.
10.15 **Running for Rob**
11.45 **Lions Legends** A profile of Welsh number eight Mervyn Davies. **12.00** M'T Martin Johnson. **12.15** AM Willie John McBride.
12.30 **British and Irish Lions Tour**
1.30 **Lions Legends**
2.00 **to 6.00** AM **Rugby League Retro**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA Tennis** Coverage of day three of the WTA Monterrey Open, a hard-court tournament at Club Sonoma in Mexico.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 **LIVE US Open Tennis** Coverage of day four of the qualifying event for the Grand Slam.
7.30 **LIVE Super League Leeds Rhinos v Hull Kingston Rovers.** Coverage of the match from the 23rd round of fixtures, which takes place at AMT Headingley Stadium. Kick-off **8.00pm**.
10.15 **LIVE US Open Tennis** Day four of the qualifying event for the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
3.00 AM **LIVE WTA & ATP Tennis** Coverage from the tours, including the WTA Monterrey Open, WTA Cleveland Open and ATP Winston-Salem Open.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Tennis** Action from the 2024 US Open semi-finals.
9.00 **LPGA Tour Golf**
11.00 **PGA Tour Champions**
12.00 NOON **PGA Tour Golf** A review of the BMW Championship.
1.00 PM **The Hundred Bitesize**
2.00 **Tennis** A review of the women's singles at the Cincinnati Open. **2.30** A review of the men's singles at the Cincinnati Open.
3.30 **Jack Draper's US Open**
4.00 **LIVE US Open Tennis** Day four of the qualifying event for the Grand Slam, which takes place at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York.
3.00 AM **EFL Greatest Games**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 3

413 415 523 410 432

6.00 AM **Saudi Masters Snooker**
7.00 **Discovery Golf**
7.30 **Onboard** The Ocean Race.
8.00 **SailGP Highlights**
9.00 **Serie A** Highlights.
11.00 **One Day International Cricket**
12.00 NOON **Cycling** The Renewi Tour.
1.00 PM **LIVE Cycling** Coverage of stage one of the Tour of Germany.
4.00 **Fishing: On the Bank**
5.00 **TNT Sports Reload**
5.30 **Formula E Flashback**
6.00 **European Rally Championship Highlights** The Rally Czech.
6.30 **One Day International Cricket**
7.30 **AFL** Essendon v Carlton.
9.00 **Ultimate Pool** The Pairs Cup.
10.30 **Onboard** The Ocean Race.
11.00 **Cycling** The Renewi Tour.
12.00 M'T **Men's Cycling Pro Series**
1.00 AM **TNT Sports Reload**
1.30 **AFL** Essendon v Carlton.
3.00 **SailGP Highlights**
4.00 **to 6.00** AM **V8 Supercars Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Ultimate Pool** Action from Group 12 of the Pairs Cup.
7.30 **Formula E Flashback**
8.30 **V8 Supercars Highlights**
10.30 **UEFA Champions League – Classics** The 2007/08 season.
11.30 **UEFA Champions League**
3.30 PM **Motocross World Championship** Recent action.
6.30 **MotoGP Highlights** Action from the Grand Prix of Austria.
7.30 **MotoE Highlights** Action from the MotoE Grand Prix of Austria.
8.00 **eSports Show** News and events from the world of eSports.
8.30 **European Rally Championship Highlights** The Rally Czech.
9.00 **Premier League: Big Interview** An interview with a Premier League star of the past or present.
9.30 **UFC** A chance to see Dricus du Plessis v Khamzat Chimaev.
12.30 AM **UFC Reloaded**
4.45 **In My Blood**
5.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 551

6.00 AM **MotorSport**
6.30 **Scottish Rally Championship**
7.00 **World Surf League**
8.00 **FIM Sidecarcross**
9.00 **Scottish Football Social Club**
10.00 **LaLiga Match Highlights**
10.30 **Coppa Italia Show**
11.00 **British Minibikes**
1.00 PM **NASCAR Highlights**
2.00 **LaLiga Highlights**
3.00 **DTM Highlights**
4.00 **Transworld Sport** Magazine.
5.00 **PSA Squash Highlights**
6.00 **Sporting Greats**
6.30 **World Surf League** The Rio Pro.
7.30 **World of FreeSports**
8.00 **LaLiga Highlights**
9.00 **Coppa Italia Show** Highlights.
9.30 **Africa Eco Race** Stage 12.
10.00 **Transworld Sport** Magazine.
11.00 **MotorSport** Recent action.
12.00 M'T **LaLiga Specials**
1.00 AM **Motorsport**
3.00 **World Surf League**
4.00 **to 6.00** AM **British Minibikes**

Premier Sports 2

420 552

6.00 AM **LaLiga** Celta Vigo v Getafe.
8.00 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles in the final.
10.30 **FastZone** Motorsports highlights.
11.00 **LaLiga** Villarreal v Oviedo.
1.00 PM **Top 14 Rugby Union Highlights** Taking a look back at the 2024/25 season.
2.00 **Temples of Sport**
2.30 **FastZone** Motorsports highlights.
3.00 **LaLiga Specials** From 2024/25.
3.30 **Premier Sports Cup** Action from a second-round match.
5.30 **Football's Greatest**
6.00 **LaLiga** Real Madrid v Osasuna.
8.00 **Coppa Italia** AC Milan v Bari.
10.00 **LaLiga Specials** The best saves from the 2024/25 season..
10.30 **LaLiga** Mallorca v Barcelona.
12.30 AM **Football's Greatest**
1.30 **LaLiga** Action from Espanyol v Atlético Madrid.
3.30 **United Rugby Championship** Leinster v Bulls in the Grand Final.
5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** F1 highlights.
2.00 PM **Ted's Notebook**
2.30 **Formula 1** Another chance to see this year's Belgian Grand Prix.
7.00 **Ted's Notebook**
7.30 **Formula 1** The Belgian GP. **8.30** Highlights of the 2024 Belgian Grand Prix. **9.30** Action from the 2023 Belgian Grand Prix. **10.30** Action from the 2022 Belgian Grand Prix. **11.30** Highlights of the 2020 Belgian Grand Prix.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

22 August

Evening Planner

Rugby Union

Women's World Cup
BBC1, kick-off 7.30pm
Hosts England kick off the tournament with their opening group game against USA at Sunderland's Stadium of Light.

Superhero Drama

Peacemaker
Sky Max & Sky Showcase, 10pm
John Cena returns as Chris Smith, aka the Peacemaker, for a second series of the entertaining superhero drama.

OnDemand

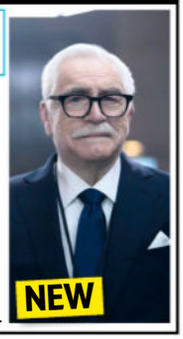
tv+

Invasion
Available today
As the sci-fi drama returns for a third season, the main characters finally come together to fight against the alien invasion.

OnDemand

prime

007: Road to a Million
Available today
The James Bond-inspired series – in which contestants compete for £1million – returns.



Friday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES									
101	BBC1	◂ 6.30 Women's Rugby World Cup 2025 – Live: England v USA (Kick-off 7.30)						10.00 News; Local News	
102	BBC2	7.00 Villages by the...	7.30 Beechgrove...	8.00 Gardeners' World		9.00 Miriam Margolyes Discovers New Zealand		10.00 Mammoth	10.30 Newsnight
103	ITV1	◂ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Under the Bridge		10.00 News; Local News	
104	CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It...		9.00 8 Out of 10 Cats Does Countdown		10.00 First Dates	
105	5	7.00 A Country Life for Half the Price with...		8.00 Michael Palin in North Korea		9.00 Lost in the Desert with Nick Knowles		10.00 The Two Ronnies: The Lost Sketches	
106	SKY SHOWCASE	7.00 The Office (US)		8.00 An Idiot Abroad		9.00 Never Mind the Buzzcocks		10.00 Peacemaker	
ENTERTAINMENT									
115	BBC3	7.00 Athletics: Diamond League Brussels – Live: The AG Memorial Van Damme				9.00 Destination X			
116	BBC4	7.00 TOTP: 1998		8.00 Beethoven's Ninth at the Proms			9.30 TOTP: 1990	10.00 TOTP: 1977	10.30 Love Songs at...
118	ITV2	7.00 Deal or No Deal		8.00 The Bachelor Australia		9.00 Film: Pitch Perfect 2			
136	MORE4	◂ 6.55 Grand Designs		7.55 The Dog House		9.00 Inspector Gerri		10.00 24 Hours in A&E	
135	E4	7.00 The Simpsons		8.00 Below Deck Sailing Yacht		9.00 Gogglebox: Celebrity Special for SU2C		10.00 Film: Deadpool 2	
107	SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
108	SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 The Pacific		10.00 The Wire	
110	U&GOLD		7.20 The Vicar of Dibley	8.00 Red Dwarf			9.20 The Vicar of Dibley	10.00 Not Going Out	
111	U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
119	ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
120	ITV4	7.00 British Touring Car Championship Highlights			8.30 Film: Creed				
112	COMEDY CENTRAL	◂ 6.25 Friends				9.00 Michael McIntyre's Big Christmas Show		10.00 Whose Line Is It Anyway? USA	
139	SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
113	SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad		9.00 Never Mind the Buzzcocks		10.00 Peacemaker	
109	U&ALIBI	7.00 Miss Scarlet		8.00 Death in Paradise		9.00 Father Brown		10.00 Mudtown	
124	SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Paul Simon: Live at Webster Hall, New...	
132	U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY									
125	DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Deadliest Catch		9.00 Expedition Bigfoot		10.00 How the Universe Works	
162	ANIMAL PLANET	7.00 Treehouse Masters		8.00 River of No Return		9.00 Alaska: The Last Frontier		10.00 Mountain Monsters	
129	NAT GEO	7.00 Air Crash Investigation				9.00 JFK: The Lost Bullet		10.00 Inside Airport Lost & Found	
123	SKY HISTORY	7.00 Forged in Fire		8.00 World's First Battlefield		9.00 Field of Vampires		10.00 Ancient Aliens Special Presentation	
155	U&YESTERDAY	7.00 The Americas with Simon Reeve		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
121	SKY DOCS	7.00 Amsterdam Narcos		8.00 David Frost Vs		9.00 How the Beatles Changed the World			
FILMS - Sky Cinema									
301	PREMIERE	◂ 6.10 Saturday Night		8.00 The Surfer			9.50 Long Gone Heroes		
302	FAST	◂ 5.40 Fast & Furious 7		8.00 Fast & Furious 8				10.20 Fast & Furious...	
303	HITS	◂ 6.25 Superman IV – The Quest for Peace		8.00 Superman Returns					10.35 The Surfer
304	GREATS	◂ 6.05 Grease		8.00 The Great Gatsby					10.25 Gorillas in the Mist
305	KING FU PANDA	◂ 6.45 Kung Fu Panda 4			8.25 Kung Fu Panda			10.10 Kung Fu Panda 2	
306	FAMILY	◂ 6.00 The Smurfs	7.45 The Smurfs 2				9.35 Johnny English		
307	ACTION	◂ 5.40 Fury		8.00 300				10.05 Terminator Salvation	
308	COMEDY	◂ 6.10 Mean Girls		8.00 Mean Girls			9.55 Ace Ventura: When Nature Calls		
309	THRILLER	◂ 5.45 In the Line of Fire		8.00 Collateral				10.10 Dirty Harry	
310	DRAMA	◂ 5.00 The Great Escape		8.00 A Star Is Born				10.20 Pawn Sacrifice	
311	STAR TREK	◂ 5.55 Star Trek II: The Wrath of Khan		7.55 Star Trek: Generations				10.00 Star Trek: First Contact	
313	FILM4		7.10 13 Going on 30			9.00 Darkman			
SPORT									
401	MAIN EVENT	7.00 FNF – Live: West Ham United v Chelsea (Kick-off 8.00)							
402	PREMIER LEAGUE	7.00 FNF – Live: West Ham United v Chelsea (Kick-off 8.00)							
403	FOOTBALL	7.00 EFL League Two...	7.30 EFL – Live: Derby County v Bristol City (Kick-off 8.00)						10.30 EFL Rivalries
405	CRICKET	◂ 6.00 The Hundred – Live: Birmingham Phoenix v Welsh Fire (Start-time 6.30pm)					9.30 The Hundred Bitesize	10.15 The Hundred	
410	TNT SPORTS 1	7.00 MotoGP	7.30 SHEENE			9.00 Fight Week		10.30 One Day International Cricket	
411	TNT SPORTS 2	7.00 Onboard	7.30 AFL						10.30 MotoGP

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition From Narberth, Pembrokeshire. (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW TO BBC1 **Sister Boniface Mysteries** *Don't Try This at Home:* 1/12. The nun investigates a murder on the set of a TV show. *Previously shown on U&Drama.* (S2) (S)(AD)
2.45 **The Travelling Auctioneers** (S)(R)
3.15 **Escape to the Country** (S)(R)
4.00 **The Bidding Room** New edition Items include a cocktail shaker. (S)
4.45 **The Answer Run** New edition (S)
5.30 **BBC News** (S)
6.00 **Local News** (S)

4.45 The Answer Run

7 PM

6.30 LIVE **Rugby Union: Women's Rugby World Cup** England v USA: Coverage of the opening match of the tournament, as the Pool A teams meet at Stadium of Light in Sunderland. England were runners-up to New Zealand when the event was last held in 2022 and they will hope to emulate the Black Ferns this time around by winning the competition as hosts. The Americans were eliminated after finishing third in their group ahead of Japan and below Canada and Italy three years ago, and face a tough test this time around with Australia and Samoa also in the pool, but they did finish fourth in 2017. Kick-off is at 7.30. *See feature, page 28.* (S)

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW **Reading Festival** Compilation of highlights from the first day of the music event, which returns for the August Bank Holiday weekend with an impressive line-up of acts. The Friday headliners are Irish musician Hozier, US singer-songwriter Chappell Roan and indie band The Kooks. (S)
11.40 NEW **Reading Festival** Further highlights from the first day of the long-running music event. (S)
12.40 AM **The Hit List** Contestants from Warrington, Peterborough and Glasgow take part in the music-based quiz show. (S)(R)
1.25 **Weather for the Week Ahead** (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Homes Under the Hammer** Three very different flats. (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Anna Haugh's Big Irish Food Tour** (S)(R)
8.30 **Sign Zone: Great Continental Railway Journeys** Zurich. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
5.15 **Flog It!** Items are valued at Chiddingstone Castle, Kent. (S)(R)
6.00 **Richard Osman's House of Games** Toby Anstis, Kerry Howard, Evelyn Mok and Joe Sugg test their general knowledge. (S)(R)
6.30 **Rick Stein's Food Stories** The chef is given a tour of Leicester's best Indian food. (S)(R)(AD)

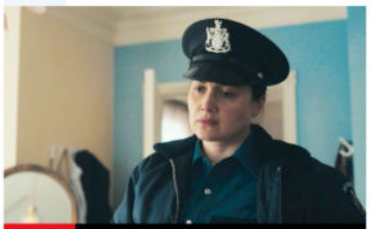
9.00 Miriam Margolyes Discovers...

7.00 **Villages by the Sea** Archaeologist Ben Robinson heads to Bamburgh in Northumberland. (S)(R)(AD)
7.30 **Beechgrove Garden** New edition Kirsty Wilson and Brian Cunningham harvest and taste-test the chillies. (S)
8.00 **Gardeners' World** New edition Adam Frost tends to his mini-meadow, a retired GP shows Frances Tophill around his stunning garden, and Advolly Richmond retraces the footsteps of garden designer Vita Sackville-West. (S)
9.00 NEW SERIES **Miriam Margolyes Discovers New Zealand** 1/2. The actor explores New Zealand, discovering a country with a unique heritage and a passion for rugby. (S)(AD) ■ Entire series on BBC iPlayer
10.00 **Mammoth** 2/3. Still reeling from the recent news, Tony tries to make up for lost time. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 FILM **The Prestige** Period mystery thriller starring Hugh Jackman and Christian Bale. In 1890s London, a tragic accident sparks a bitter enmity between two stage magicians. With Michael Caine. (S)(AD) (2006, 12, 125min) ★★★★
1.05 AM **Sign Zone: The Moment of Proof** Documentary. (S)(R)(AD)
1.35 **Sign Zone: Great British Railway Journeys** The Midlands. (S)(R)(AD)
2.05 **Sign Zone: Human** (S)(R)(AD)
3.05 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **James Martin's Great British Adventure** The chef heads to the Goodwood Revival. (S)(R)(AD)
1.00 **ITV News** (S)
1.20 **Local News** (S)
1.30 LIVE **Racing** Coverage of day three of the Ebor Meeting staged at York, featuring the 3.35 Coolmore Wootton Bassett Nunthorpe Stakes and races at 1.50, 2.25, 3.00 and 4.10. (S)
4.30 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 Under the Bridge

7.30 **Emmerdale** Chas comforts an anxious Charity, who is upset how she left things with Mack, while Moira forms a plan and things are awkward in the cafe. (S)(AD)
8.00 **Coronation Street** Tracy confirms her suspicions about Carl and Abi, Carla gives Sarah a hard time, Brody reveals the outcome of Lou's sentencing, while Aadi announces that he is planning to make a fresh start. (S)(AD)
9.00 **Under the Bridge** New episode *Three and Seven:* 7/8. The unfolding trial pushes Rebecca to the brink, and Cam's allegiance to the justice system is tested. (S1) (S)(AD) ■ Concludes at 10.45pm
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Under the Bridge** Series finale *Mercy Alone:* 8/8. The last opportunity for justice arrives as all the participants consider their true involvement in the events that transpired and a radical choice of forgiveness allows for closure. (S1) (S)(AD)
12.05 AM **Teleshopping**
3.00 **One Night** 1/6. Drama. A writer is about to have her debut book published, but it becomes clear the story does not exclusively belong to her. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Weekend Escape** With actor Hayley Tamaddon. (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 12-15/26. (S8). (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 1-4/25. (S11) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun: What Happened Next?** (S)(R)
4.00 **The Great House Giveaway** Electrician Jedd and groundworker Cameron get to work on a small terraced home in Bristol. (S)(R)
5.00 **Chateau DIY** At Château de la Fare, Janet and Philip's turret has its spire installed. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Helping a family from Sutton find a home in Almería. (S)(R)

8.00 Kirstie & Phil's Love It or List It

7.00 **News** (S)
8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** New edition Kirstie Allsopp and Phil Spencer look back at two homes that needed adapting for families at very different life stages. (S)(AD)
9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts, as Jon Richardson and Lucy Beaumont compete against Rob Brydon and Joe Wilkinson. Plus, Huge Davies joins Susie Dent in Dictionary Corner. (S)
10.00 **First Dates** New edition Sisters Caitlin and Lucy, who have never been in a romantic relationship with a man, decide to take a dive into dating. Plus, naked cleaner Elleigha is matched with head chef Louis. (S)(AD)
11.05 **Ramsay's Kitchen Nightmares USA** New edition Gordon advises a cafe owner in Texas who wants to attract a younger clientele. (S)
12.00 M'T FILM **Transformers: Revenge of the Fallen** Sci-fi adventure sequel starring Shia LaBeouf. (S) (2009, 12, 150min) ★★★
2.30 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
3.20 **Come Dine with Me** (S)(R)
5.35 **to 6.00** AM **Chateau DIY** (S)(R)

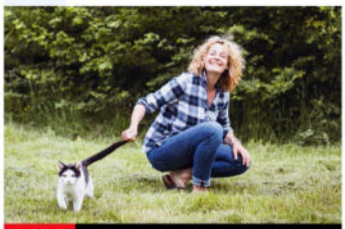
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Finding Dad: A Family History Mystery** Crime drama starring Janel Parrish. (S) (2023, PG, 100min) ★★
4.00 **All Creatures Great and Small** 3/7. The fate of a young widow causes difficulties for James and Helen. (S2) (S)(R)(AD)
5.00 **News** (S)
6.00 **Kent: The Garden of England** Following mason Benn Swinfield, as he shapes a stone for one of Canterbury Cathedral's flying buttresses. (S)(R)
6.55 **News** (S)



7.00 A Country Life for Half...

7.00 **A Country Life for Half the Price with Kate Humble** New edition 6/8. Kate meets a family who sold their homes in Cardiff and moved to rural Ceredigion. (S)
7.55 **News** (S)

8.00 **Michael Palin in North Korea** 2/2. Michael leaves Pyongyang and is put under the protection of armed guards as he is shown the Joint Security Area on the border with South Korea. (S)(R)

9.00 **Lost in the Desert with Nick Knowles** New edition 2/3. Nick heads to a Naadam Festival in the Gobi Desert, a celebration of the ancient skills required to become a warrior under the ruthless Genghis Khan. (S)

10.00 **The Two Ronnies: The Lost Sketches** Comedy clip show looking back at sketches and songs by the pair recorded for their 1986 series *The Two Ronnies in Australia*. (S)(R)

11.30 **When 80s TV Goes Horribly Wrong** Disastrous TV moments from the 1980s. (S)(R)
1.30 AM **PlayOJO Live Casino Show**
3.30 **Playgrounds of the Rich & Famous** The Hamptons in Long Island, New York. (S)(R)
4.15 **Friends** (S10) (S)(R)(AD)
4.40 **The Wonderful World of Chocolate** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S4) (S)(R)
11.00 **Hope for Wildlife: The Next Generation** (S)(R)(AD)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 6/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Friend with Benefit:* Lisa makes friends with a girl from a rich family. (S)(R)
5.30 *Pranks and Greens:* Bart befriends a former schoolboy prankster. (S)(R)
6.00 *Lisa with an S:* Lisa stays with a Broadway legend. (S)(R)
6.30 *Paths of Glory:* Marge and Homer suspect Bart might be a sociopath. (S)(R)

10.00 Peacemaker

7.00 **The Office (US)** *Health Care:* 3/6. Dwight reorganises the company's health plan. (S)(R)
7.30 *The Alliance:* 4/6. Michael arranges a birthday party for Meredith a month in advance. (S1) (S)(R)

8.00 **An Idiot Abroad** 7/8. Karl Pilkington visits Peru, where he fails to impress a local tribe with his hunting skills and takes in the ancient Inca city of Machu Picchu. (S)(R)

9.00 **Never Mind the Buzzcocks** Greg Davies hosts the music quiz, with Joel Dommett, Abi Harding and Glen Matlock joining Noel Fielding, Jamali Maddix and stand-in captain Courtney Love. (S)(R)(AD)

10.00 NEW SERIES **Peacemaker** *The Ties That Grind:* 1/8. Return of the superhero action comedy spin-off from *The Suicide Squad* movie, starring John Cena, Danielle Brooks and Freddie Stroma. *See feature, page12.* (S2)

11.00 **Rob Beckett: Wallop** The comedian's first stand-up special, recorded at the Cliffs Pavilion in Southend. (S)(R)
12.15 AM **Boardwalk Empire** 1&2/12. Double bill of the drama with Steve Buscemi. (S1) (S)(R)
2.40 **Sex and the City** (S1) (S)(R)
3.15 **NCIS: Los Angeles** (S14) (S)(R)
4.10 **S.W.A.T.** 6/22. (S6) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Paddy & Nigel's Tourist Trap (S)(R) **11.10** NEW Reading Festival: Highlights. (S) **12.10am** NEW Reading Festival (S) **1.10** The Hit List (S)(R) **1.55-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm NEW Green Man (S) **11.40** NEW Reading Festival (S) **12.40am** NEW Reading Festival (S) **1.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Gwladfa: Gwilym Bowen Rhys **1.30** Sioe Sir Benfro **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Gwesty Aduniad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cais Quinnell (AD) **6.30** Garddio a Mwy **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Joe Allen: y Chwiban Olaf **8.55** Newyddion a'r Tywydd **9.00** Rygbi Cymru: Y Gêm yn y Gwaed **10.00** Curadur **10.30-11.35pm** Gogglebocs Cymru

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM LIVE **Athletics: Diamond League Brussels** Coverage of the AG Memorial Van Damme, the 14th and penultimate meeting of the campaign, held at King Baudouin Stadium in Belgium.
8.55 **The Catch Up**
9.00 **Destination X** 7/10. Tensions mount as the passengers are given the chance to scupper each other in a challenge that will test their memory and reflexes, as well as their loyalty to each other. **10.00** 8/10. After a shock elimination, the X-bus continues its journey towards the £100,000 prize with just five players remaining.
11.00 **Tommy: The Good. The Bad. The Fury** 1&2/10. Double bill of the series.
12.00 M'T **Charlotte in Sunderland** Double bill.
1.00 AM **My Mate's a Bad Date**
1.25 **Eating with My Ex**
2.55 **to 3.55** AM **Ashley Cain: Into the Danger Zone**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1998** Featuring Billie Myers, Ultra Naté, Ma$e and Ben Folds Five. **7.30** Performances by Ultra Naté, Savage Garden and The Mighty Mighty Bosstones.
8.00 NEW **Beethoven's Ninth at the Proms** Beethoven's *Ninth Symphony* is brought to life in the Royal Albert Hall by conductor Fabio Luisi, the Danish National Symphony Orchestra and Choir, and a quartet of soloists.
9.30 **TOTP: 1990** Featuring The Human League, Tina Turner and Cliff Richard.
10.00 **TOTP: 1977** With The Boomtown Rats, Thin Lizzy, The Adverts and Page Three.
10.30 **Love Songs at the BBC** A selection of romantic songs from the archives.
11.30 **Love Songs at the BBC: Volume 2** Featuring Nat King Cole and Shania Twain.
12.30 AM **Love Songs at the BBC: Volume 3**
1.30 **TOTP: 1998**
2.30 **TOTP: 1990**
3.00 **to 3.30** AM **TOTP: 1977**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions from Northamptonshire.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** The hosts catch up with Paul and Vic in the Yorkshire village of Clifford.
6.55 **Grand Designs** Spanish architect Jaime and his wife Mimi build their dream home in Buckinghamshire.
7.55 **The Dog House** Margot the collie needs an owner who will ensure that her active mind stays busy, while hiker Katherine wants a dog that can keep up with her.
9.00 **Inspector Gerri** New episode *Like Snow in the South - Part One:* 3/8. On Christmas Eve, Gerri and Lea are called out to an abandoned warehouse where shots have been reported. However, when they arrive, the police officer who fired the shots has disappeared. Subtitled. (S1)
10.00 **24 Hours in A&E** A young man has a severe reaction to a recreational drug.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary.
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 6-9/23. (S3)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill.
7.00 **The Simpsons** *Sex, Pies and Idiot Scrapes:* Homer becomes a bounty hunter. **7.30** *Frink Gets Testy:* Mr Burns begins to fear that Doomsday is coming.
8.00 **Below Deck Sailing Yacht** New edition Two crew members confront Daisy.
9.00 **Gogglebox: Celebrity Special for SU2C** Famous faces join Britain's favourite opinionated viewers.
10.00 FILM **Deadpool 2** Futuristic action comedy sequel starring Ryan Reynolds and Josh Brolin. (2018, 15, 119min) ★★★★
12.20 AM **Naked Attraction**
1.25 **The Big Bang Theory**
2.20 **The Simpsons**
2.50 **Brooklyn Nine-Nine**
3.40 **Below Deck Sailing Yacht**
4.30 **Young Sheldon**
5.20 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Friday primetime primetime

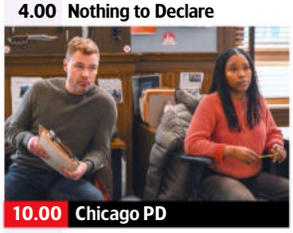
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Brit Cops: Rapid Response**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 2/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 2/22. Rookie agent Ray Cannon joins the Task Force as they hunt down a mysterious killer. (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**


10.00 Chicago PD

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Chicago Med** New episode *The Book of Archer:* 17/22. Charles and Archer care for a heart transplant recipient. (S10)

9 PM
9.00 **Chicago Fire** New episode *A Beast Like This:* 17/22. Kidd helps a teenager drawn to Girls on Fire. (S13)

10 PM
10.00 **Chicago PD** New episode *Transference:* 17/22. The search for a suspect uncovers a connection to Atwater and Val. (S12)
11.00 **The Good Doctor** 2/20. (S4)
12.00 M'T **Law & Order: Organized Crime** 9/13. Stabler investigates a heroin pipeline. (S4)
1.00 AM **The Equalizer** 10/18. (S2)
2.00 **Caught on Dashcam**
4.00 **Paramedics Australia**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **True Blood** 9&10/12. (S4)
10.10 **Six Feet Under** 2&3/12. (S5)
12.20 PM **Game of Thrones** (S1)
1.25 **Babylon Berlin** (S3)
3.35 **True Blood** 9/12. Eric's mind is altered by another spell. **4.40** 10/12. Sookie stops Eric killing Bill and manages to reverse his memory loss. (S4)
5.45 **Six Feet Under** 2/12. Brenda struggles in her internship – but refuses to accept Margaret's offer of help. (S5)

9.00 The Pacific

6.50 **Six Feet Under** *Hold My Hand:* 3/12. Billy's hedonistic attitude rubs off on Claire. (S5)
7.55 **Game of Thrones** *The Wolf and the Lion:* 5/10. A suspicious death threatens to overshadow the tournament. (S1)

9.00 **The Pacific** *Peleliu Landing:* 5/10. Sledge has a harrowing first experience of combat in the South Pacific. (S1)

10.00 **The Wire** *The Buys:* 3/13. The detail prepare to raid D'Angelo's crew at Franklin Terrace. (S1)
11.10 **The Sopranos** 13/13. Artie discovers who burned down his restaurant. (S1)
12.20 AM **The Time Traveler's Wife**
1.25 **Gomorrah** 1&2/12. (S3)
3.25 **Game of Thrones**
4.30 **In Treatment**
5.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S1)
8.00 **The Blacklist** 3/22. (S9)
9.00 **Stargate Atlantis** (S4)
11.00 **SEAL Team** 20/22. (S2)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S1)
3.00 **NCIS: Los Angeles** 11/21. (S14)
4.00 **S.W.A.T.** 6/22. A police officer is abducted. (S6)
5.00 **SEAL Team** 19/22. Brett Swan continues to struggle with his mental health. (S2)
6.00 **Stargate Atlantis** 7/20. Teyla and Dr Keller are pursued by murderous primitives. (S4)

9.00 Never Mind the Buzzcocks

7.00 **Stargate Atlantis** *The Seer:* 8/20. The team meet an extraordinary prophet named Davos. With Martin Jarvis. (S4)

8.00 **An Idiot Abroad** Karl heads to Peru, where he takes in the ancient Inca city of Machu Picchu.

9.00 **Never Mind the Buzzcocks** With Joel Dommett, Glen Matlock, Abi Harding and stand-in captain Courtney Love.

10.00 NEW SERIES **Peacemaker** 1/8. Return of the superhero action comedy spin-off. *See feature, page12.* (S2)
11.00 **S.W.A.T.** 5/22. Tan's girlfriend is kidnapped. (S8)
12.00 M'T **Strike Back: Vendetta** 8/10. Section 20 destroy a weapons stash. (S8)
1.00 AM **The Force: Manchester**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 11/21. (S14)
4.00 **S.W.A.T.** 6/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Celebrity Dinner Date**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.05 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **Billie and Greg**
2.05 **The Only Way Is Essex**
3.05 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

9.00 Pitch Perfect 2

7.00 **Deal or No Deal** Stephen Mulhern hosts as Matt takes on the Banker for the chance to win life-changing money.

8.00 **The Bachelor Australia** New edition Jimmy picks Holly for a second single date exploring a beach.

9.00 FILM **Pitch Perfect 2** Comedy sequel starring Anna Kendrick. The Barden Bellas try to recover from a bad performance by winning the World Championships of A Cappella. With Hailee Steinfeld and Rebel Wilson. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.20 **Family Guy** 6/20. Chris is sent to a vocational school. **11.50** 1/20. Brian falls in love with a woman called Jess. (S17)
12.20 AM **American Dad!** (S13)
1.20 **Bob's Burgers** 22/22. (S11)
1.45 **Plebs** 7&8/8. (S3)
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *One of Those Days.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Last Year's Model:* Barnaby questions the guilt of a Midsomer Malham resident on trial for murder.
5.50 **Heartbeat** *In on the Act:* Nick moves up a rank to Sergeant, and Blaketon becomes the new postmaster.

8.00 Midsomer Murders

6.55 **Heartbeat** *The Queen's Message:* Greengrass starts a devious plot involving the postal service, much to Blaketon's annoyance.

8.00 **Midsomer Murders** *Secrets and Spies:* Barnaby's past as a spy is revealed when a former agent is killed after a cricket match in Midsomer Parva. Guest stars Anna Massey and Peter Davison.

10.00 **Law & Order: UK** *Hidden:* 2/6. Brooks and Devlin investigate when the body of a missing girl is found. (S2)
11.00 **Law & Order: UK** 3/6. Brooks, Devlin and Chandler investigate after a man is found badly beaten in a park. (S2)
11.50 **Trigger Point** 6/6. Lana is faced with a decision. (S2)
12.50 AM **Malpractice** 5/5. (S1)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 LIVE **Sportscene: Championship** Raith Rovers v Dunfermline Athletic: All the action from the derby at Stark's Park. Kick-off is at 7.45.
10.00 **Still Game** 2/6. Jack and Victor go back to school in the hope their new-found knowledge will be useful in the pub quiz. (S3)
10.30 **Jules and Greg's Wild Swim** 2/6. Jules Wilson Nimmo and Greg Hemphill head for the Fife coast.
11.00 PM **to 12.00** M'T NEW **TRNSMT** Shereen Cutkelvin presents another selection of highlights, featuring Myles Smith, Gracie Abrams, Inhaler, James Bay, Fontaines DC, Snow Patrol and Biffy Clyro.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **The Conners** (S3)
10.00 **The Office (US)** (S1)
11.00 **Sex and the City** (S2)
12.20 PM **Girls** 7&8/10. (S5)
1.30 **Sex and the City** (S3)
2.40 **Girls** 9&10/10. (S5)
4.00 **The Office (US)** (S1)
5.00 **Will & Grace** (S1)
6.00 **The Conners** (S3)
7.00 **The Office (US)** (S1)
8.00 **Will & Grace** 9/22. The duo adopt a puppy. **8.30** 10/22. The flatmates eavesdrop on their neighbours. (S1)
9.00 **And Just Like That...** *Hello It's Me:* 1/10. First episode of the *Sex and the City* revival starring Sarah Jessica Parker. (S1)
9.55 **Marc Maron: From Bleak to Dark** Stand-up comedy special.
11.15 **Sex and the City** (S1)
12.35 AM **Entourage** (S2)
1.45 **Veep** 3&4/10. (S3)
3.05 **to 5.00** AM **Flight of the Conchords**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **André Rieu: Maastricht by Moonlight**
7.00 **André Rieu: Welcome to My World**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Battle of the Bagpipes**
3.00 **Backstage with the London Philharmonic**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Britpop bands.
9.00 **Opry Live** New edition
10.00 **Paul Simon: Live at Webster Hall, New York**
12.05 AM **Bob Dylan: The Other Side of the Mirror**
1.40 **Lennon's Last Weekend**
3.10 **Discovering**
4.10 **The Art of the Garden**
5.05 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** *Time Squared:* 13/22. (S2)
8.00 **Star Trek: Deep Space Nine** *Family Business:* 23/26. Sci-fi drama. (S3)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Grimm** 21/22. (S5)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **In with a Shout** Quiz hosted by Joel Dommett.
3.00 **Tenable** Double bill of the quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Sue takes on the ruthless Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Harry takes on the ruthless Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **In with a Shout** Quiz show hosted by Joel Dommett.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 10/22. (S3)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 12&13/23. (S3)
12.00 NOON **Highway to Heaven** 5/24. (S2)
1.00 PM **Father Dowling Mysteries** 15/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 15&16/20. (S9)
9.00 FILM **The Hatton Garden Job** Fact-based crime drama starring Stephen Moyer. A ragtag group of criminals plot an audacious raid on an underground facility in London. (2017, 15, 93min) ★★★
11.05 **The Avengers** (S6)
1.05 AM **M*A*S*H** (S9)
2.05 **Hart to Hart** 1/22. (S5)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

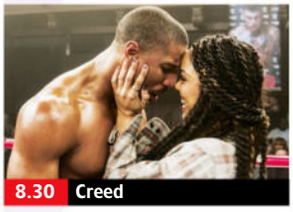
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.05 **Minder**
7.05 **Kojak**
9.15 **Magnum, PI**
11.20 **Giant Lobster Hunters**
1.15 PM **Kojak**
3.30 **Magnum, PI**
4.30 **The Protectors** *Wam – Part One:* 8/26. Holidaymakers are held hostage in Austria. (S2)
5.00 LIVE **LIV Golf** Coverage of the opening round of the final tournament of the season, a team event from The Cardinal at St John's in Michigan.


8.30 Creed

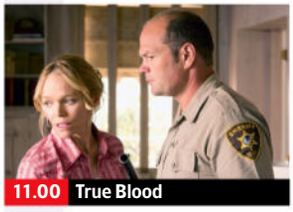
7.00 **British Touring Car Championship Highlights** Action from the seventh meeting of the season, featuring the 19th, 20th and 21st races, which came from Knockhill.
8.30 FILM **Creed** Boxing drama starring Michael B Jordan, with Sylvester Stallone reprising his role from the *Rocky* movies. The son of a boxer turns to former champion Rocky Balboa for help following in his father's footsteps. (2015, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.05 AM **Dark Side of the Ring** A look at the story of the divisive Ultimate Warrior.
2.00 **The Protectors** As 4.30pm.
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 2/26. (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 10/20. (S1)
2.00 **Primeval** 4/10. (S3)
3.00 **Stargate Atlantis** 14/20. (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: Deep Space Nine** 10/20. Sci-fi drama. (S1)
6.00 **Star Trek: The Next Generation** 2/26. Part two of two. The trial continues. (S1)


11.00 True Blood

7.00 **Primeval** 4/10. The team race to save the trapped crew of a 747 from a gigantic predator. Guest stars Nigel Marven. (S3)
8.00 **Stargate Atlantis** *Tao of Rodney:* 14/20. Rodney McKay gains superhuman abilities after being zapped by a strange device. (S3)
9.00 **The Leftovers** *It's a Matt, Matt, Matt World:* 5/8. Matt Jamison leads the disciples to Australia on a 'rescue' mission. (S3)
10.00 **The Walking Dead** *No Other Way:* 9/24. Daryl, Maggie, Gabriel, Negan and Elijah battle the Reapers for food. (S11)
11.00 **True Blood** 5/10. Sookie arranges for Lafayette to summon her dead parents. **12.00** M'T 6/10. Bill seeks out Lillith for advice on handling the escalating human-vampire crisis. (S6)
1.00 AM **Wynonna Earp** (S4)
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 1/23. (S2)
11.00 **Hudson & Rex** 14/20. (S5)
12.00 NOON **Miss Scarlet** 6/6. (S5)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 1/23. (S2)
5.00 **Hudson & Rex** 14/20. A famous starlet is killed. (S5)
6.00 **Father Brown** *The Last Tango in Kembleford:* The competitive atmosphere at a local dance school leads to a dance with death. Guest stars Kevin Clifton.

9.00 Father Brown

7.00 **Miss Scarlet** *Dangerous Liaisons:* 6/6. Eliza is hired to look into the personal life of a Police Commissioner Fitzroy. (S5)
8.00 **Death in Paradise** *The Impossible Murder:* 3/8. Humphrey and Martha's romantic weekend is cut short by a murder. (S6)
9.00 **Father Brown** *The Invisible Friends:* Murder threatens to derail the live broadcast of an agricultural radio drama.
10.00 **Mudtown** 1/6. Drama starring Erin Richards. Magistrate Claire Lewis Jones uncovers a web of criminal activity. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 1/16. Burke and Diana look for a clue that will put them on the trail of the person responsible for the plane bombing. (S2)
1.00 AM **Death in Paradise** (S6)
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **I Didn't Know You Cared**
8.10 **Keeping Up Appearances**
8.50 **Last of the Summer Wine**
10.05 **Are You Being Served?**
10.40 **Porridge**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **Dad's Army**
2.40 **Porridge**
3.20 **Last of the Summer Wine**
4.40 **dinnerladies**
5.20 **Are You Being Served?**
6.00 **Dad's Army**
6.40 **Porridge**

6.00 Dad's Army

7.20 **The Vicar of Dibley** Geraldine hits stardom after an appearance on a radio show. Guest stars Darcey Bussell.
8.00 **Red Dwarf** Lister is impregnated with a potentially fatal virus. **8.40** The crew search for nanobots to restore Lister to his pre-viral state.
9.20 **The Vicar of Dibley** Alice shocks Geraldine with a monumental pre-wedding revelation.
10.00 **Not Going Out** Tim puts the flat on the market. **10.40** Lee pretends to be gay to find out more about a new business acquaintance.
11.20 **Mrs Brown's Boys**
12.00 M'T **The Vicar of Dibley**
12.40 AM **Not Going Out**
2.00 **Mrs Brown's Boys**
2.40 **Here We Go**
3.15 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** The Cornish influence on composer Malcolm Arnold. **5.30** The work done by women in Cornwall's mines.
6.00 **Hairy Bikers' Best of British** The duo explore the history of the Vegetarian Society.

9.00 QI XL

7.00 **Would I Lie to You?** With Mark Bonnar, Sheila Hancock, Anita Rani and Stephen Mangan. **7 PM**
7.40 **Richard Osman's House of Games** With Denise Lewis and Isy Suttie. **8.20** Contestants include Anton Du Beke and Jessica Fostekew. **8 PM**
9.00 **QI XL** Guests Jo Brand, Liza Tarbuck and Sue Perkins join regular panellist Alan Davies and host Stephen Fry. **9 PM**
10.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with Munya Chawawa and Jo Brand. **10 PM**
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? at Christmas** With Alex Brooker.
1.20 **Would I Lie to You?**
2.00 **Hate Thy Neighbour**
2.55 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Remarkable Renovations**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **A Place in the Sun: What Happened Next?**
7.00 **Michael Mosley: Secrets of the Superagers**
8.00 **Supercruising: Life at Sea** Documentary.
9.00 **24 Hours in A&E** A woman is rushed to Queen's Medical Centre after a hit-and-run.
10.00 **Gogglebox** Omnibus of the two part-special for Stand Up to Cancer. **11.05** Appraisals of *Gordon, Gino & Fred: Viva España* and *Top Guns: Inside the RAF.*
12.05 AM **First Dates**
1.05 **In Flight**
4.05 **to 5.00** AM **8 Out of 10 Cats Does Countdown**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S6&7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Masquerade:* 14/24. Terrorists threaten to detonate a crude nuclear device. **7.00** *Jack Knife:* 15/24. The murder of a former Marine is investigated. **8.00** *Mother's Day:* 16/24. Gibbs' former mother-in-law surfaces as a witness in a murder investigation. (S7)
9.00 **Person of Interest** *One Percent:* 14/22. Reese and Finch try to protect the co-creator of a social-networking site. **10.00** *Booked Solid:* 15/22. The FBI make an offer to Carter. (S2)
11.00 **Law & Order: Special Victims Unit** (S18)
12.55 AM **The Resident** (S5)
2.45 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** The department is at risk of complete gridlock due to a shortage of space.
9.00 FILM **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon and Julia Stiles. (2007, 12, 115min) ★★★★
11.35 **999: Criminals Caught on Camera**
1.35 AM **Banged Up Abroad**
2.25 **Casualty 24/7: Every Second Counts**
3.10 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
1.55 PM FILM **The War Wagon** Western. (1967, U, 96min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A petrol thief's stealing spree comes to a halt. **7.00** Dan is forced to deal with the same person twice in one shift. **8.00** Officers descend on a hotel to arrest members of a gang.
9.00 **Police: Suspect No 1**
10.00 **The Motorway**
11.00 **MacGyver** 15/21. (S1)
12.00 M'T **Behind Bars: World's Toughest Prisons**
1.00 AM **Warship: Life in the Royal Navy**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **MasterChef Junior USA Specials**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition In Sydney, the contestants are given a pub-inspired service challenge.
8.00 **Inside the Ambulance** Paramedics deal with a reported stabbing.
9.00 **999 Rescue Squad** The team help the survivors of a fatal crash. **10.00** A car driven by teenage joyriders plunges into a ditch.
11.00 **Ghosts** Double bill.
12.15 AM **Gavin & Stacey**
12.55 **Hashtag Murder**
1.55 **to 3.00** AM **Louis Theroux: Twilight of the Porn Stars**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.25 **Doctors**
9.40 **Classic Holby City**
10.45 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **Soldier, Soldier**
3.15 **The Doctor Blake Mysteries** 8/8. (S3)
4.15 **London's Burning**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Laws of Motion.*
9.00 **Whitstable Pearl** New episode *Walking with Ghosts:* 5/6. A ghost tour guide sees a body being buried. (S3)
10.00 **New Tricks**
11.20 **Spooks** 7/10. (S5)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Waiting for God**
2.55 **to 4.00** AM **Whitstable Pearl**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Wales.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** James Braxton and Izzie Balmer hunt for antiques in Snowdonia.
8.00 **Antiques Road Trip** James Braxton and Izzie Balmer visit south Wales.
9.00 **Saving Lives at Sea** In Plymouth, the crew race to save a fisherman who fell off his boat.
10.00 **Saving Lives at Sea** A paddleboarder is caught out by the tide.
11.00 **Helicopter ER**
12.00 M'T **Help! My House Is Haunted** Reality series.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the quiz show.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire? Christmas Special** With Alex Ferguson and Eamonn Holmes.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **Cops Uncut**
9.00 **Wanted: Dead or Alive**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM The Proud Rebel** Western. (1958, b/w, U, 108min) ★★★
3.15 **FILM Jack Mccall, Desperado** Western. (1953, U, 76min) ★★
5.00 **Wanted: Dead or Alive**
6.00 **Tombstone Territory**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM The Tall T** Western. (1957, PG, 78min) ★★
10.50 **FILM A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG, 92min) ★★★
12.55 AM **FILM Stonados** Disaster movie. (2013, PG, 90min) ★
2.50 **Cops Uncut**
4.20 **to 5.00** AM **Air Rescue**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Saving Lives at Sea**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: Murder in D Minor** Mystery. (2018, 120min) ★★
1.00 PM **FILM Deadly Vengeance** Thriller. (2019, PG, 87min) ★★
2.50 **FILM Run to Me** Thriller. (2016, PG, 100min) ★★
5.00 **FILM Obsession** Thriller. (2011, U, 89min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Escobar** Biographical crime drama. (2017, 15, 123min) ★★
11.35 **FILM Stealing Paradise** Detective thriller. (2011, PG, 83min) ★★★
1.50 AM **FILM Too Late to Say Goodbye** Thriller. (2009, PG, 95min) ★★★
4.00 **to 6.00** AM **FILM Target: My Daughter** Thriller. (2017, 12, 92min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM The Perfect Bride** Comedy. (2017, PG, 84min) ★★
10.00 **FILM Stop the Wedding** Drama. (2016, U) ★★
12.05 PM **FILM The Wedding Wish** Comedy drama. (2007, PG, 90min) ★★
2.00 **FILM Wedding of Dreams** Drama. (2018, PG, 85min) ★★
4.00 **FILM A Whirlwind Wedding** Comedy. (2020, PG, 90min) ★★
5.55 **FILM The Wedding Fix** Drama. (2022, PG) ★★
8.00 **FILM PREMIERE To England With Love** Comedy. (2023, PG) ★★
9.55 **FILM When Love Came to Town** Comedy. (2014, PG, 90min) ★★
11.55 **FILM Pearl in Paradise** Comedy. (2018, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Wedding of Dreams** Drama. (2018, PG) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 21/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Thick as Thieves** (S1)
12.00 NOON **Please Sir!** (S2)
12.30 PM **Jokers Wild**
1.00 **The Blue and the Gray**
3.30 **That's My Dog**
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 2/6. (S2)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S5)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Thick as Thieves** (S1)
8.30 **A Sharp Intake of Breath** 2/6. (S2)
9.00 **Brass** 5&6/13. (S1)
10.00 **Game On** 3/6. (S2)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM Border Cop** Thriller. (1980, 18) ★★
1.50 **Brass** 5&6/13. (S1)
2.50 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Yukon Men**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Jake and Sean must make life or death decisions for their crews.
8.00 **Deadliest Catch** Captains take on the steepest waves yet in a final surge to hit quotas.
9.00 **Shorty's Dream Shop** Restoring a 1966 Chevy Impala convertible.
10.00 **Shorty's Dream Shop** Making a Vietnam veteran's '69 C10 cool.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Maneet's Eats**
6.30 **Nadiya's Fast Flavours**
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Veg**
10.00 **The Hairy Bikers Go North** Lancashire.
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Veg**
6.00 **The Hairy Bikers Go...**
7.00 **Great British Bake Off**
9.00 **Classic Mary Berry**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 9/24. (S8)
9.00 **The Fall Guy** 8/22. (S3)
10.00 **Knight Rider** 22/22. (S4)
11.00 **FILM The 7 Adventures of Sinbad** Adventure. (2010, PG, 90min) ★★
1.00 PM **FILM The Outlaw** Western. (1943, b/w, U, 126min) ★★★
3.00 **FILM Apache Uprising** Western drama. (1966, PG, 90min) ★★
5.00 **Star Trek** 23/24. (S3)
6.00 **The Twilight Zone** (S1)
7.00 **The Fall Guy** 9/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM How I Spent My Summer Vacation** Crime thriller. (2012, 15, 92min) ★★★★
10.55 **FILM Entrapment** Romantic action thriller. (1999, 12, 112min) ★★★
1.05 AM **FILM Beyond Suspicion** Crime thriller. (2018, 15, 96min) ★★
3.00 **to 4.50** AM **FILM Red** Thriller. (2008, 15) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **King Solomon's Mines Part 2**
8.00 **FILM Instrument of War** Drama with Jack Ashton. (2017, 12, 90min) ★★
10.00 **Andromeda** 6/22. (S1)
11.00 **King Solomon's Mines Part 1**
1.00 PM **FILM The Day the Earth Stopped** Sci-fi action thriller. (2008, 15, 90min) ★★
3.00 **Andromeda** 6/22. (S1)
4.00 **The A-Team** 1/13. (S5)
5.00 **King Solomon's Mines Part 2**
7.00 **Andromeda** 7/22. (S1)
8.00 **The A-Team** 2/13. (S5)
9.00 **FILM Half Past Dead** Action thriller starring Steven Seagal. (2002, 15, 98min) ★★★
11.05 **FILM Ghosts of War** Tense horror. (2020, 18, 94min) ★★
1.05 **to 3.00** AM **FILM Half Past Dead** As 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What? With William Shatner**
12.10 PM **Mysteries from Above** New York's forgotten ghost town.
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal** Burton-upon-Trent.
9.00 **MonsterQuest**
10.00 **Terror in the Skies**
11.35 **On the Trail of Bigfoot**
1.15 AM **Evil Encounters**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Bulgaria.
12.00 NOON **A Yorkshire Farm**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Secrets of the Royal Palaces** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** A family who live in the wilds of north-west Canada.
9.00 **The Madame Blanc Mysteries** *Beach Club:* 1/6. Jeremy and Judith discover a CEO's body. **10.00** *Inheritance:* 2/6. Charlie's Aunt Fifi is fatally poisoned by a mysterious figure. (S4)
11.00 **Prisoner: Cell Block H**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun** A West Sussex couple set out to rescue a derelict farmhouse in Normandy.
9.00 **My Lottery Dream Home International**
10.00 **My Lottery Dream Home** Double bill.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints**
5.00 **My 600lb Life** 1/2. A man whose food addiction has hampered his relationship.
6.00 **Dr Pimple Popper** A woman's depression is a result of the multitude of bumps on her eyelids.
7.00 **The Bad Skin Clinic**
8.00 **My 600lb Life**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **to 6.00** AM **My 600lb Life**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S6)
10.00 **Last Man Standing** (S7)
11.00 **Everybody Loves Raymond** 21-24/24. (S6)
1.05 PM **Friends** (S9&10)
8.00 **Friends** 2/18. Ross embarrasses himself at an awkward dinner. **8.30** 3/18. Ross tries a spray tan. (S10)
9.00 **Michael McIntyre's Big Christmas Show**
10.00 **Whose Line Is It Anyway? USA**
11.00 **CC Live: Stand Up Shorts** New edition
11.30 **South Park** (S27&15)
12.30 AM **Mike Judge's Beavis and Butt-Head**
2.00 **South Park** 13/14. (S15)
2.30 **Beavis and Butt-Head**
2.45 **Key & Peele** (S3)
3.10 **Reno 911!** 2/13. (S3)
3.30 **Michael McIntyre's Big Christmas Show**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 10&11/13. (S4)
11.00 **Friends** (S10&5)
1.00 PM **Impractical Jokers**
2.00 **Daria** 12&13/13. (S4)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S7)
7.00 **Everybody Loves Raymond** 21-24/24. (S6)
9.00 **New Girl** 1&2/8. (S7)
10.00 **Friends** 1-4/24. (S9)
12.00 M'T **Russell Howard: Wonderbox** Stand-up.
2.00 AM **Jack Whitehall Gets Around**
3.00 **Comedy Central Live**
3.45 **The Alternative Comedy Experience**
4.30 **Tom Allen at the Comedy Store**
4.50 **Lee Nelson at the Comedy Store**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare UK**
11.00 **Nothing to Declare**
12.00 NOON **Blood & Treasure** 6&7/13. (S2)
2.00 PM **The Force: Manchester**
3.00 **Border Security: America's Front Line**
4.00 **Border Patrol**
6.00 **Blood & Treasure** (S2)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **SurrealEstate** 9&10/10. Double bill. (S2)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Dingle to Dover**
2.00 **Duck Quacks Don't Echo** Series highlights.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

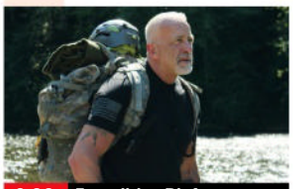
6.00 AM **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Dallas Cowboys Cheerleaders**
7.00 **Laguna Beach: The Real Orange County** Jessica misses Jason and gathers her friends for a holiday in Mammoth. **7.30** Jessica learns Jason and Alex are together.
8.00 **Catfish UK** Reality show.
9.00 **FILM Layer Cake** Gangster thriller starring Daniel Craig. (2004, 15, 105min) ★★★★
11.00 **Skin A&E** Four top dermatologists treat patients for cysts, lipomas and skin tags.
12.00 M'T **Behind the Music**
1.00 AM **Ink Master**
3.00 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Railroad Alaska**
9.00 **Dual Survival**
11.00 **Bad Chad Customs**
1.00 PM **Gold Divers** Double bill.
3.00 **Gold Rush** Parker puts everything on the line.
4.00 **Gold Rush** The Klondike's gold miners battle nature.
5.00 **Building Off the Grid** A treehouse builder wants to build a family cottage retreat.
6.00 **Baggage Battles** The Music City Auction in Nashville. **6.30** An auction in Hollywood.



9.00 Expedition Bigfoot

7.00 **Wheeler Dealers: Dream Car** Mike and Elvis work on a VW Campervan so a father and son can go on road trips around Scotland.

8.00 **Deadliest Catch** Rick and Bob attempt to stitch a wound in turbulent seas, and John makes a risky harbour entrance.

9.00 **Expedition Bigfoot** New edition Mireya and Biko must navigate rapids to track a possible hunting party in WA.

10.00 **How the Universe Works** Scientists explore what will happen if an asteroid hurtles towards Earth.

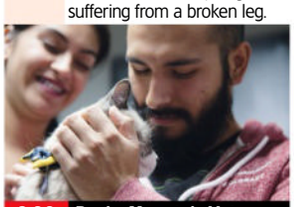
11.00 **Buying Alaska** A couple with a small budget for their home. **11.30** An ATV mechanic looks for his dream retreat.
12.00 M'T **Moonshiners**
1.00 AM **Expedition Bigfoot**
2.00 **How the Universe Works**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Flying Wild Alaska**
9.00 **Fish or Die**
10.00 **Tanked**
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Flying Wild Alaska**
4.00 **Flying Wild Alaska** Doug delivers explosives to the island of St Lawrence.
5.00 **Lone Star Law** Oyster season keeps the wardens busy.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a stray dog suffering from a broken leg.



6.00 Rocky Mountain Vet

7.00 **Treehouse Masters** Pete Nelson returns to Texas to build a sophisticated treehouse in the heart of Dallas.

8.00 **River of No Return** Buck decides it is time for his eight-year old son Dax to learn how to captain a jet boat.

9.00 **Alaska: The Last Frontier** Reality show following the lives of Alaskan family the Kilchers.

10.00 **Mountain Monsters** During their quest to find the Cherokee Death Cat, the hunters hear a roar from a mysterious barn.

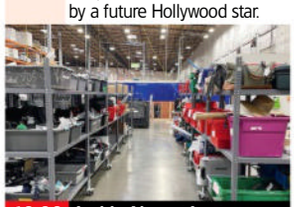
11.00 **Pit Bulls & Parolees** Tia shares her memoir with her family.
12.00 M'T **Crikey! It's the Irwins** Robert tries the biggest Gator move in Australia Zoo history.
1.00 AM **River of No Return**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Construction Fails**
2.00 PM **WW2: Hell Under the Sea** Double bill.
4.00 **Drain the Titanic: A Ship Reborn** Exploring the wreck of the famous ship.
5.00 **Car S.O.S.** Breathing new life into a 1973 Porsche 911 Targa.
6.00 **Hitler's Last Stand** The story of a counter-attack led by a future Hollywood star.



10.00 Inside Airport Lost...

7.00 **Air Crash Investigation** Investigators search for a plane that disappeared above the Java Sea with 162 passengers on board.

8.00 **Air Crash Investigation** Reconstruction of a 2010 disaster, when the pilots of Qantas Flight 32 dealt with a series of failures.

9.00 **JFK: The Lost Bullet** Re-examining the film that captured John F Kennedy's assassination in Dallas, Texas in 1963.

10.00 **Inside Airport Lost & Found** A collection of vintage rackets and a dog toy are reunited with their respective owners.

11.00 **Air Crash Investigation**
12.00 M'T **Trafficked with Mariana Van Zeller**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned**
2.30 **Money Meltdown**
3.20 **Food Factory**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There**
1.00 PM **Hitler's Engineers**
3.00 **Secret Societies: In the Shadows** The Freemasons.
5.00 **Contraband: Seized at Sea** Passengers using the ferry from the Dominican Republic for nefarious reasons.
6.00 **American Pickers** The Wolfe brothers strike out.

10.00 Ancient Aliens...

7.00 **Forged in Fire** Two previous champions face off in a gruelling five-hour challenge.

8.00 **World's First Battlefield** 1/2. Preserved bones, skulls and weapons found by an amateur archaeologist in Germany.

9.00 **Field of Vampires** 1/2. A look at a plot in Poland containing 30 'deviant burials.'

10.00 **Ancient Aliens Special Presentation** New edition A look at the influence of extraterrestrial contact on ancient civilisations.

12.00 M'T **Evil Encounters** How friends investigating a haunted highway got more than they bargained for.
12.55 AM **The Proof Is Out There** A strange creature captured by a security camera in Ohio.
1.50 **Field of Vampires**
2.50 **Contraband: Seized at Sea**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **Nazi Hunters**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Nazi Hunters** Attempts to capture Joachim Peiper.
5.00 **War Factories** How the Lancaster factory helped to create a war-winning weapon.
6.00 **Antiques Roadshow** From the Royal Ballet School in Richmond Park, London.

6.00 Antiques Roadshow

7.00 **The Americas with Simon Reeve** The explorer travels the length of North and South America, beginning in Alaska.

8.00 **'Allo 'Allo!** The British airmen are captured while paddling down the estuary. **8.40** Herr Flick and Von Smallhausen prepare to meet their maker as they face a firing squad. **9.20** René and Edith are ordered to dress up as Hitler and Goering.

10.00 **Bangers & Cash** Paul's on the East Coast to help a collector who is saying goodbye to his prized Excelsior Consort.

11.00 **Billy Connolly Does...** How fame has taken Billy to some weird and wonderful places.
12.00 M'T **Bangers & Cash: Restoring Classics** Restoring an Austin Montego.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1hour 255 329

Friday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Johnny Vegas' Little Shop of Antiques** Johnny tries to salvage parts from a classic RAF plane to make furniture.
9.00 **The Repair Shop** Suzie Fletcher repairs a treasured toy horse. **10.00** Bringing a loved Indian guitar back to life.
11.00 **How Do They Do It?**
1.00 AM **Fifth Gear Recharged**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Mean Girl Murders** New edition
10.00 **Toxic** New edition
11.00 **Murder on CCTV**
12.00 M'T **Gary Glitter: A Faking It Special**
1.00 AM **The Murder of Grace Millane: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **The Hunt For the Chameleon Killer** Time is running out for the Chameleon Killer.
8.00 **Killers: Caught on Camera** In the US, police search for a missing woman and her money.
9.00 **Murder: First on Scene** A body is found by a river in Cumbria, England – 70 miles from home.
10.00 **Prosecuting Evil with Kelly Siegler** In Houston, an entire family is found dead.
11.00 **The Truth About My Murder** Double bill.
1.00 AM **Murder: First on Scene** As 9.00pm.
2.00 **Prosecuting Evil with Kelly Siegler**
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Evidence of Evil**
4.00 **Medical Detectives** A college student is found brutally murdered. **4.30** Police rule out the accidental death of a drowning victim. **5.00** Investigating the case of a lawyer who was battered to death. **5.30** Two women are found murdered and police think a serial killer is on the loose. **6.00** Distinctive grass helps the case of a young woman found dead on a golf course. **6.30** A missing horse rider's body is found and microscopic evidence helps catch the killer.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murders That Shocked the Nation**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That Shocked...**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Richard Ramirez: The Night Stalker Tapes**
10.15 **Menendez & Menudo: Boys Betrayed**
1.30 AM **Murders That...**
2.20 **Killer in My Village**
3.10 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The Lafayette Squadron** Documentary.
9.20 **Digging Up Britain's Past** Documentary.
10.30 NEW **The Anti-Soviet Fighters** Documentary.
11.45 **Her Name Was Grace Kelly** A profile.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The Lafayette Squadron**
2.50 **Digging Up Britain's Past** Documentary.
3.55 **The Anti-Soviet Fighters**
5.00 **Her Name Was Grace Kelly** A profile.
6.15 **The Lafayette Squadron**
7.25 **Digging Up Britain's Past** Documentary.
8.30 **The Anti-Soviet Fighters**
9.45 **Her Name Was Grace Kelly** A profile.
10.55 **Digging Up Britain's Past** Documentary.
12.00 M'T **The Anti-Soviet Fighters** Documentary.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **100 Foot Wave**
7.00 **Discovering: Jodie Foster**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **I Am Jackie O**
11.45 **My Icon: Ebony Rainford-Brent**
12.00 NOON **Elizabeth Taylor: The Lost Tapes** Profile of the actor.
2.00 PM **Mrs Robinson**
4.00 **Discovering: Jodie Foster**
5.00 **The Directors**
6.00 **The Sixties**
7.00 **Amsterdam Narcos**
8.00 **David Frost Vs** The journalist's interviews with The Beatles.
9.00 **How the Beatles Changed the World** A look at how four young men from Liverpool transformed the world for ever.
11.00 **Hitsville: The Making of Motown** The history and origins of the Motown record label.
1.00 AM **100 Foot Wave**
2.00 NEW **I Am Joe Frazier** Profile of the boxing legend.
3.50 **My Icon: Anthony Joshua**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Jodie Foster**

Sky Nature

145 113/114 189 354 369

6.00 AM **Cub Camp**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Secret Life of the Koala**
10.00 **Jaguar Journals**
11.00 **Hope for Wildlife: The Next Generation**
12.00 NOON **Reef Wrecks**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Secret Life of the Koala**
4.00 **Jaguar Journals**
5.00 **Shadowlands**
6.00 **Reef Wrecks**
7.00 **Monkey Life** Double bill.
8.00 **Europe's Amazon**
9.00 **Dogs: An Amazing Animal Family** Documentary.
10.00 **Reef Wrecks**
11.00 **Shadowlands**
12.00 M'T **Hope for Wildlife: The Next Generation**
1.00 AM **Cub Camp**
2.00 **Europe's Amazon**
3.00 **Dogs: An Amazing Animal...**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Secret Life of the Koala**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Great Escapes with Morgan Freeman**
9.00 **Digging Up Britain's Past**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Great Escapes with Morgan Freeman**
2.00 **Digging Up Britain's Past**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **Lost Worlds**
6.00 **Celts: The Untold Story**
7.00 **What on Earth?**
8.00 **Ancient Aliens** Evidence of time travellers from the future.
9.00 **Inside the Tower of London** Cameras follow a new recruit for the Beefeaters.
10.00 **How Disney Built America** A look at how the Disney brand has become a cultural and worldwide phenomenon.
11.00 **Sex: A Bonkers History**
12.00 M'T **Ancient Aliens**
2.00 AM **How Disney Built America**
3.00 **Battle 360**
4.00 **Medieval Dead**
5.00 **to 6.00** AM **Lost Worlds**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **#Textmewhenyougethome**
12.00 NOON **Exhumed: Killer Revealed** An investigation into the death of LaQuinta Smith.
1.00 PM **Murder By Medic**
2.00 **Judge Rinder's Crime Stories**
3.00 **Murdertown**
4.00 **999: Killer on the Line**
5.00 **Robbie Coltrane's Critical Evidence** Nishan Bakunts.
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **Court Cam** New editions
10.00 **Ozark Law**
11.00 **Interrogation Raw**
12.00 M'T **Murder By Medic**
1.00 AM **Court Cam**
3.00 **Exhumed: Killer Revealed**
4.00 **Robbie Coltrane's Critical Evidence** Nishan Bakunts.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Investigation Shark Attack**
3.00 **America's National Parks**
4.00 **Secrets of the Zoo: North Carolina**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Baby otters learn how to swim.
8.00 **Africa's Hunters** A litter of wild dogs come under threat from a pack of hyenas.
9.00 **South Africa: Land of Extremes** Exotic fauna.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** The team help to save French Polynesia's giant trevally.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** A look at the Airbus A380, a double-decked aircraft that is designed to carry 800 passengers.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **The 1980s: The Deadliest Decade** Focusing on the case of 13-year-old Sarah Rairdon, who vanished in May 1985.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Inside the Ambulance**
2.00 PM **999 Rescue Squad**
3.00 **Inside the Ambulance**
8.00 **999 Rescue Squad** A landslip at a construction site traps a worker under tons of earth. Meanwhile, reports of a riot at a school come in and medic Alex must lead the operation to treat the injured.
9.00 **Inside the Ambulance** Paramedics help a pensioner involved in a domestic assault, and a driver gets trapped in his car following an accident. **10.00** Paramedics help a woman who has suffered a violent seizure, and an elderly lady who had an unfortunate encounter with some bees. **11.00** Emergency workers rush to the aid of a man who is struggling to breathe after injecting himself.
12.00 M'T **Inside the Ambulance**
2.00 AM **999 Rescue Squad**
3.00 **Inside the Ambulance**
5.25 **to 6.00** AM **Pickwick Papers**

+1 hour 266 376

ID

154 141 166

8.00 AM **Who the (Bleep) Did I Marry?** Valerie Cincinelli.
9.00 **Murder Under the Friday Night Lights** Double bill.
11.00 **Murder in the Heartland**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Southern Fried Homicide**
5.00 **The Killer in My Family**
7.00 **The Perfect Suspect** The disappearance of FBI informant Susan Smith. **8.00** Focusing on the case of Lisa Gaudenzi, who vanished before she was due to report for US Army officer training.
9.00 **On the Case with Paula Zahn** A college student is found murdered in her apartment.
10.00 **Death by Fame**
11.00 **Deadly Influence: The Social Media Murders** Sania discovers that members of her community will stop at nothing to silence her.
12.00 M'T **Grave Secrets**
2.00 AM **The Killer in My Family**
4.00 **to 6.00** AM **The Perfect Suspect**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** Shorty tries to match the Ember Glow hemi's original colour.
9.00 **Richard Hammond's Big** Richard visits Tottenham Hotspur Football Stadium.
10.00 **Bad Chad Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Trans Am**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.25 AM PREMIERE **The Surfer**
9.20 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
11.00 **The Mountain** As 1.25am.
12.35 PM PREMIERE **The Surfer**
2.25 **September 5** Thriller. (2024, 15, 95min) ★★★★
4.15 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
6.10 **Saturday Night** Comedy drama starring Gabriel LaBelle. (2024, 15, 109min) ★★★★

8.00 The Surfer

8.00 PREMIERE **The Surfer** Thriller starring Nicolas Cage and Julian McMahon. A father returns to the beach of his childhood to surf, but is drawn into a conflict with local thugs. (2024, 15, 103min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Long Gone Heroes Action thriller starring Eden Brolin and Andy Garcia. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101 min)

11.35 **Rumours** Horror comedy starring Cate Blanchett. (2024, 15, 104min) ★★★
1.25 AM **The Mountain** Comedy. (2024, PG, 89min) ★★★★
3.05 **The Thicket** Western. (2024, 15, 108min) ★★★
5.05 **to 6.45** AM **The Sloth Lane** Animated family adventure. (2024, PG, 90min)

Sky Cinema Hits

303 303 403 503 517

7.40 AM **Let's Dance** Musical. (1950, U, 112min) ★★
9.45 PREMIERE **The Surfer**
11.40 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
2.05 PM **Superman II** Fantasy sequel with Christopher Reeve. (1980, PG, 127min) ★★★
4.15 **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
6.25 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★

11.40 Superman

8.00 Superman Returns Superhero adventure starring Brandon Routh, Kate Bosworth and Kevin Spacey. After a five-year absence, Superman returns and finds that old flame Lois Lane is a mother and that old foe Lex Luthor is cooking up more trouble. (2006, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 PREMIERE **The Surfer** Thriller starring Nicolas Cage. A father returns to the beach of his childhood to surf, but is drawn into a conflict with local thugs. (2024, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Insidious** Horror thriller. (2010, 15, 103min) ★★★★
2.05 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★
4.15 **to 6.25** AM **The 40-Year-Old Virgin** Comedy starring Steve Carell and Catherine Keener. (2005, 15, 116min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.20 AM **You Can Live Forever** Drama. (2022, 15, 96min) ★★★
9.10 **Pawn Sacrifice** As 10.20pm.
11.15 **Manodrome** As 12.25am.
1.00 PM **P.S. I Love You** Comedy drama. (2007, 12, 121 min) ★★★
3.15 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
5.00 **The Great Escape** Classic adventure with Steve McQueen. (1963, PG, 166min) ★★★★★

8.00 A Star Is Born Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.20 Pawn Sacrifice Fact-based drama starring Tobey Maguire. US chess prodigy Bobby Fischer finds himself caught between two superpowers and his own struggles as he challenges the Soviet Empire. (2014, 12, 115min) ★★★★

12.25 AM **Manodrome** Thriller. (2023, 15, 96min) ★★★
2.15 **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
4.20 **Sky Cinema Preview**
5.20 **to 7.30** AM **Ordinary Angels** Drama. (2024, 12) ★★★★

Sky Cinema Star Trek

311 311 411 511 525

6.55 AM **The Cinema List: Star Trek**
7.15 **Star Trek: Generations**
9.20 **Star Trek: First Contact**
11.20 **Star Trek Into Darkness**
1.35 PM **Star Trek Beyond**
3.40 **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner. (1979, U, 132min) ★★★
5.55 **Star Trek II: The Wrath of Khan** Sci-fi adventure. (1982, 12, 113min) ★★★★

7.55 Star Trek: Generations Sci-fi adventure starring Patrick Stewart and William Shatner. The two captains of the USS *Enterprise*, Captains Kirk and Picard, are united across space and time to fight an evil scientist. (1994, PG, 118min) ★★★
10.00 Star Trek: First Contact Sci-fi adventure starring Patrick Stewart. The *Enterprise* crew members travel back in time to 21st-century Earth to thwart the Borg. (1996, 12, 110min) ★★★★

12.00 M'T **Star Trek Into Darkness** Sci-fi. (2013, 12, 132min) ★★★★
2.20 AM **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★
4.30 **Sky Cinema Preview**
5.20 **to 7.35** AM **Star Trek The Motion Picture** As 3.40pm.

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.10 AM **Spy Kids** (2001, U) ★★★★
8.40 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
10.25 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
1.05 PM **The Flintstones** Comedy. (1994, U, 93min) ★★★
2.40 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
4.15 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
6.00 **The Smurfs** Family adventure. (2011, U, 103min) ★★

6.00 The Smurfs

7.45 **The Smurfs 2** Family adventure sequel starring Hank Azaria. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

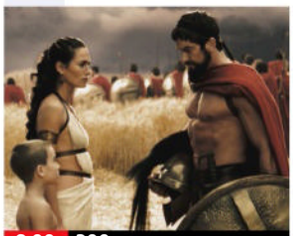
9.35 **Johnny English** Comedy starring Rowan Atkinson as a bungling British spy entrusted with solving the theft of the Crown Jewels and thwarting a dastardly plot to seize the throne. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **My Penguin Friend** Family drama starring Jean Reno. (2024, PG, 98min) ★★★★
12.50 AM **Look Who's Talking Now** Comedy sequel starring John Travolta. (1993, 12, 95min) ★
2.30 **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James. (2015, PG, 92min) ★★
4.10 **to 6.10** AM **The Three Musketeers: Milady** Swashbuckling sequel. (2023, 12, 115min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.20 AM **Bad Boys for Life** Comedy thriller sequel. (2020, 15) ★★★
9.40 **Green Lantern** Adventure. (2011, 12, 114min) ★★
11.40 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
1.30 PM **Snow White and the Huntsman** Fantasy adventure. (2012, 12, 127min) ★★★
3.45 **The Meg** Action thriller. (2018, 12, 113min) ★★★
5.40 **Fury** World War Two drama. (2014, 15, 134min) ★★★



8.00 300

8.00 **300** Epic historical adventure starring Gerard Butler and Lena Headey. In 480 BC, 300 Spartans face overwhelming odds when they make a defiant stand against the Persian enemy at the Battle of Thermopylae. (2006, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Terminator Salvation** Sci-fi thriller sequel starring Christian Bale and Sam Worthington. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Shaolin Soccer** Martial arts sports comedy. (2001, 12, 113min) ★★★
2.05 **Zulu** Epic historical adventure. (1963, PG, 138min) ★★★★★
4.30 **to 6.45** AM **Gods of Egypt** Fantasy adventure. (2016, 12, 127min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Nutty Professor II: The Klumps** (2000, 12) ★★★
8.10 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
10.20 **Finding Your Feet** Comedy. (2017, 12, 109min) ★★
12.20 PM **The Nutty Professor** Comedy. (1996, 12) ★★★
2.05 **Click** (2006, 12) ★★★★
4.05 **Baywatch** Action comedy. (2017, 15, 121min) ★★
6.10 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★

6.10 Mean Girls

8.00 **Mean Girls** Musical adaptation of the cult teen comedy, starring Angourie Rice. Teenager Cady Heron is a hit with a school clique when she makes the mistake of falling for Aaron Samuels. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. Pet detective Ace Ventura searches for a sacred white bat in Africa. With Ian McNeice and Simon Callow. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Daddy's Home 2** Comedy sequel starring Will Ferrell. (2017, 12, 100min) ★★★
1.30 AM **Funny Cow** Drama. (2017, 15, 102min) ★★★★
3.20 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
5.10 **to 7.10** AM **Kingpin** Comedy. (1996, 12, 114min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.05 AM **Cinema List: Antiheroes**
7.25 **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★
9.40 **A Place Called Silence** (2024)
11.45 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
1.50 PM **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
3.55 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
5.45 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★

10.10 Dirty Harry

8.00 **Collateral** Crime thriller starring Tom Cruise and Jamie Foxx. A ruthless contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. With Jada Pinkett Smith. (2004, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Dirty Harry** Thriller starring Clint Eastwood. Maverick San Francisco cop Harry Callahan pursues a psychotic sniper. With Harry Guardino and Andy Robinson. (1971, 15, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Caddo Lake** Thriller. (2024, 12, 99min) ★★★
1.50 **Barber** Mystery drama. (2023, 15, 90min) ★★★
3.25 **A Place Called Silence** Chinese thriller. Subtitled. (2024, 15, 119min) ★★★
5.30 **to 7.20** AM **Jaws 3** (1983)

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Seeker: The Dark is Rising** Fantasy. (2007, 12) ★★
12.55 PM **Lemony Snicket's A Series of Unfortunate Events** Fantasy comedy. (2004, PG, 103min) ★★★★
3.00 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
5.05 **Mysterious Island** Fantasy. (1961, U, 97min) ★★★
7.10 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★

7.10 13 Going on 30

13 Going on 30 (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Darkman** Fantasy thriller starring Liam Neeson as a disfigured scientist who begins a new life as shadowy superhero Darkman. With Colin Friels and Frances McDormand. (1990, 18, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 **The Hunt** Horror starring Betty Gilpin. A group of elites gather for the first time at a remote manor house to hunt ordinary Americans for sport. (2019, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

12.35 **to 2.50** AM **Under the Skin** Offbeat sci-fi mystery drama starring Scarlett Johansson. (2013, 15, 106min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema Fast

302 302 402 502 516

6.00 AM **The Fast and the Furious**
7.50 **2 Fast 2 Furious** As 2.30am.
9.40 **Fast & Furious** As 4.30am.
11.35 **Fast & Furious 5** Action thriller sequel. (2011, 12, 130min) ★★★
1.45 PM **Fast & Furious 6** Action thriller sequel starring Vin Diesel. (2013, 12, 125min) ★★★
3.55 **The Fast and the Furious: Tokyo Drift** Motor racing thriller. (2006, 12, 104min) ★★

5.40 **Fast & Furious 7** Action thriller sequel starring Vin Diesel. (2015, 12, 132min) ★★★★
8.00 **Fast & Furious 8** Action thriller sequel starring Vin Diesel. Street racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. (2017, 12, 136min) ★★★
10.20 **Fast & Furious Presents Hobbs & Shaw** Action thriller spin-off starring Dwayne Johnson and Jason Statham. (2019, 12, 137min) ★★★

12.40 AM **The Fast and the Furious** Action thriller starring Vin Diesel. (2001, 15, 107min) ★★★
2.30 **2 Fast 2 Furious** Thriller sequel. (2003, 12, 108min) ★★★
4.30 **to 6.30** AM **Fast & Furious** Thriller sequel with Vin Diesel. (2009, 12, 107min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.40 AM **Funny Face** Musical. (1956, U, 103min) ★★★★
9.25 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
11.15 **Two Mules for Sister Sara** Vintage comedy Western. (1969, 15, 114min) ★★★
1.15 PM **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve. (1987, PG, 90min) ★

2.50 **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★
6.05 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
8.00 **The Great Gatsby** F Scott Fitzgerald's melancholy tale, starring Robert Redford and Mia Farrow. (1974, 12, 146min) ★★★
10.25 **Gorillas in the Mist** Fact-based drama starring Sigourney Weaver and Bryan Brown. (1988, 12, 124min) ★★★★

12.35 AM **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★
2.35 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
4.35 **to 6.35** AM **The First Wives Club** Comedy with Goldie Hawn. (1996, PG, 102min) ★★★

Sky Cinema Kung Fu Panda

305 305 412 500 514

7.00 AM **Kung Fu Panda** As 8.25pm.
8.40 **Kung Fu Panda 2** As 10.10pm.
10.15 **Kung Fu Panda 3** As 5.00pm.
12.00 NOON **Kung Fu Panda 4**
1.45 PM **Kung Fu Panda** As 8.25pm.
3.25 **Kung Fu Panda 2** As 10.10pm.
5.00 **Kung Fu Panda 3** Animated comedy adventure sequel with the voices of Jack Black, Bryan Cranston and Angelina Jolie. (2016, PG, 95min) ★★★★

6.45 **Kung Fu Panda 4** Animated comedy adventure sequel featuring the voices of Jack Black, Awkwafina and Viola Davis. (2023, PG, 94min) ★★★
8.25 **Kung Fu Panda** Animated comedy adventure featuring the voices of Jack Black, Dustin Hoffman and Angelina Jolie. A tubby, lazy panda who dreams of becoming a martial arts master is unexpectedly called upon to be a hero. (2008, PG, 92min) ★★★★

10.10 **Kung Fu Panda 2** Animated comedy adventure sequel featuring the voice of Jack Black. (2011, PG, 90min) ★★★★
11.45 **Kung Fu Panda 3** As 5.00pm.
1.25 AM **Kung Fu Panda 4** (2023)
3.05 **Kung Fu Panda** As 8.25pm.
4.45 **to 6.20** AM **Kung Fu Panda 2**

Movies 24

312 313 419

7.00 AM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
9.00 **A Scottish Love Scheme** Drama. (2024, PG, 84min) ★★
11.00 **The Engagement Back-Up** Comedy. (2022, PG, 91min) ★★
1.00 PM **Mr Pawsitively Perfect** Drama. (2023, PG, 90min) ★★
3.00 **The Love Subscription** Romantic comedy drama. (2023, PG, 86min) ★★

5.00 **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
7.00 **Love and the Radio Star** Romantic comedy with Laura Miyata and Luke Humphrey. (2022, PG, 90min) ★★
9.00 **The PA and the Manhattan Prince** Romantic drama starring Amanda Nicholas and Scot Cooper. A personal assistant falls for a prince who has hired her to help him arrange a masked ball in New York. (2024, PG, 90min) ★★

11.00 **Campfire Romance** Romantic comedy. (2022, PG, 90min) ★★
1.00 AM **The Royal We** Romantic comedy. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **The Reluctant Royal** Comedy. (2025, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Where There's a Will** Comedy. (1955, b/w, U) ★★
7.30 **The Adventures of Sadie** Comedy. (1953, U, 87min) ★★
9.00 **Beneath the Twelve Mile Reef** Romantic adventure with Robert Wagner. (1953, PG, 102min) ★★
11.05 **The Pickwick Papers** Vintage screen version of Charles Dickens' comic novel. (1952, U, 115min) ★★★★

1.10 PM **Shepherd on the Rock** Rural drama starring Bernard Hill. (1994, PG, 95min) ★★★
3.10 **Lord Jim** Seafaring adventure. (1965, PG, 154min) ★★
6.10 **Look at Life**
6.25 **Jigsaw** Crime thriller. (1962, b/w, PG, 107min) ★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 1/13. (S2)
10.05 **Cellar Club with Caroline Munro**
10.10 **Assault** Crime drama with Suzy Kendall. (1970, 18, 91min) ★★

12.00 M'T **Cellar Club with Caroline...**
12.05 AM **A Prayer for the Dying** Thriller. (1987, 15, 108min) ★★★
2.15 **The Moderns** Romantic drama. (1988, 15, 121min) ★★★★
4.50 **It Happened in Soho** Drama. (1948, b/w, PG, 51min) ★★★
5.50 **to 6.00** AM **Look at Life**

Friday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA Tennis** Coverage of day four of the WTA Monterrey Open at Club Sonoma in Mexico.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **Fantasy Football Countdown**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
12.30 PM **LIVE DP World Tour Golf** Coverage of day two of the Betfred British Masters from the Belfry in Wishaw, Warwickshire.
6.00 **Premier League Friday**
7.00 **LIVE FNF West Ham United v Chelsea.** The Premier League match at London Stadium. The Blues came out on top in both of the meetings between these teams last season. Kick-off **8.00pm**.
10.45 **LIVE WTA & ATP Tennis** Coverage from the tours, including the WTA Monterrey Open, WTA Cleveland Open and ATP Winston-Salem Open.
1.20 AM **LIVE NFL Kansas City Chiefs v Chicago Bears.** The pre-season match at Arrowhead Stadium. Kick-off **1.20am**.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
8.30 **Fantasy Football Countdown**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
4.00 **Premier League Preview**
4.30 **Fantasy Show**
5.00 **Premier League Friday**
7.00 **LIVE FNF West Ham United v Chelsea.** Coverage of the Premier League match at London Stadium. The Blues came out on top in both of the meetings between these teams last season, including a 3-0 victory here 11 months ago. Kick-off **8.00pm**.
10.45 **Transfer 360**
11.15 **Premier League Stories** A profile of Olivier Giroud.
11.45 **PL Greatest Games** Bolton Wanderers v Chelsea from 2005.
12.00 M'T **FNF** West Ham Utd v Chelsea.
12.30 AM **Transfer 360**
1.00 **PL Retro** Action from 2009.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 00/01**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro** From 2013.
8.00 **Best Scottish Premiership Goals** A selection of top strikes.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL** The 2017/18 season.
12.00 NOON **EFL League One Goals**
12.30 PM **EFL League Two Goals**
1.00 **EFL Highlights**
4.00 **EFL Cup Highlights**
5.00 **EFL Greatest Games**
6.00 **EFL Highlights**
6.30 **EFL League One Goals**
7.00 **EFL League Two Goals**
7.30 **LIVE EFL Derby County v Bristol City.** Coverage of the Championship match from Pride Park. Kick-off **8.00pm**.
10.30 **EFL Rivalries**
11.00 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **Best Moments from the Championship Play-Off Final**
2.30 **Best Moments from the League 1 & 2 Play-Off Final**
3.00 **EFL Greatest Games**
4.00 **EFL Cup Retro**
5.00 **There's Only One Sauzee**
5.30 **to 6.00** AM **Dundee United – Champions 83**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **The Hundred** A chance to see Oval Invincibles Women v Trent Rockets Women.
9.15 **The Hundred Bitesize**
10.30 **The Hundred** Oval Invincibles Men v Trent Rockets Men.
2.00 PM **The Hundred Bitesize** Brief highlights of Welsh Fire Men v Southern Brave Men. **2.15** Highlights of Oval Invincibles Women v Trent Rockets Women. **2.30** Highlights of Oval Invincibles Men v Trent Rockets Men.
2.45 **LIVE The Hundred Birmingham Phoenix Women v Welsh Fire Women.** From Edgbaston. Start-time **3.00pm**.
6.00 **LIVE The Hundred Birmingham Phoenix Men v Welsh Fire Men.** Coverage from Edgbaston. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Brief highlights of Birmingham Phoenix Men v Welsh Fire Men. **9.45** Birmingham Phoenix Women v Welsh Fire Women.
10.15 **The Hundred**
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred**
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
11.00 **PGA Tour Champions Learning Centre** Golf tips and advice.
11.30 **HotelPlanner Tour Golf**
12.00 NOON **Countdown to the Ryder Cup** A look ahead.
12.30 PM **LIVE DP World Tour Golf** Day two of the Betfred British Masters from the Belfry.
6.00 **LIVE PGA Tour Golf** Day two of the Tour Championship from East Lake Golf Club in Atlanta.
11.00 **PGA Tour Champions**
12.00 M'T **DP World Tour Golf**
2.00 AM **Playing Lessons**
3.00 **PGA Tour Golf**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA Tennis** Coverage of day four of the WTA Monterrey Open at Club Sonoma in Mexico.
6.30 **ATP Tennis** From Toronto.
6.45 **WTA Tennis** From Montreal.
7.00 **ATP Tour This Week**
7.30 **Tennis** The Cincinnati Open.
9.00 **US Open Tennis**
12.00 NOON **Tennis** From 2024.
5.00 PM **WTA & ATP Tennis**
9.00 **LIVE ATP Tennis** Coverage of day five of the ATP Winston-Salem Open at Wake Forest University in Winston-Salem, North Carolina, featuring the semi-finals.
10.30 **LIVE WTA & ATP Tennis** The WTA and ATP Tours.
2.30 AM **LIVE WTA Tennis** Further coverage of day five of the WTA Monterrey Open in Mexico.
4.30 **Bitesize Tennis**
4.45 **ATP Tennis** The Doha Open final.
5.00 **Billie Jean King: My Story**
5.15 **Tim Henman Podcast 2024**
5.30 **to 6.00** AM **ATP Tour This Week**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE One Day International Cricket Australia v South Africa.** The second one-day international in the three-match series, held at Great Barrier Reef Arena, Mackay.
1.00 PM **Premier League Reload**
1.15 **Men's Cycling**
2.15 **LIVE Men's Cycling** Coverage of stage three of the Renewi Tour, featuring a 178.2km route from Aalter to Geraardsbergen.
4.15 **No Filter Cycling**
4.30 **Premier League Netbusters**
5.00 **Premier League Stories**
5.30 **Premier League: Big Interview**
6.00 **Premier League Preview**
6.30 **Kenny Allstar's Number 1's**
7.00 **MotoGP**
7.30 **SHEENE**
8.45 **MotoGP Rewind**
9.00 **Fight Week**
9.30 **Fishing: On the Bank**
10.30 **One Day International Cricket**
11.30 **LIVE CPL Antigua & Barbuda Falcons v Guyana Amazon Warriors.** The T20 match from Sir Vivian Richards Stadium.
3.45 AM **TNT Sports Cricket Reload**
4.00 **to 7.00** AM **LIVE AFL** An Australian Rules Football match.

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoE Highlights**
6.30 **MotoGP Rewind**
8.00 **LIVE MotoGP** The Grand Prix of Hungary MotoGP, Moto2 and Moto3 first free practice sessions.
10.45 **MotoGP Rewind**
12.15 PM **LIVE MotoGP** The Grand Prix of Hungary MotoGP, Moto2 and Moto3 first practice sessions.
3.15 **MotoGP Rewind**
3.30 **MotoE Highlights**
4.00 **LIVE MotoE** The Grand Prix of Hungary MotoE qualifying session.
4.45 **TNT Sports Reload**
5.00 **Discovery Golf**
5.30 **MLB Highlights**
6.30 **MLB: Off the Bat**
7.00 **Onboard** The Ocean Race.
7.30 **AFL** Double bill of action.
10.30 **MotoGP** Grand Prix of Hungary.
11.00 **Onboard** The Ocean Race.
11.30 **MLB: Off the Bat**
12.00 M'T **MLB Highlights**
1.00 AM **LIVE MLB Milwaukee Brewers v San Francisco Giants.** Start-time **1.10am**.
4.15 **MLB Plays of the Week**
4.45 **MLB: Off the Bat**
5.15 **European Rally Championship**
5.45 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **Lions Legends**
7.00 **British and Irish Lions Tour**
9.00 **LIVE NRL Penrith Panthers v Canberra Raiders.** Coverage from Glen Willow Oval in Mudgee. Kick-off **9.00am**.
11.00 **LIVE NRL Melbourne Storm v Canterbury Bulldogs.** From AAMI Park. Kick-off **11.00am**.
1.00 PM **Lions Legends**
1.45 **Super League Highlights**
2.00 **Rugby League Retro**
6.00 **Lions Legends**
7.00 **Super League Highlights**
7.30 **LIVE Super League St Helens v Hull FC.** Coverage from the 23rd round of fixtures at Totally Wicked Stadium. Kick-off **8.00pm**.
10.30 **Lions Legends** Profiles.
12.00 M'T **Rugby Greatest Games**
12.05 AM **NFL Bitesize Highlights**
12.20 **Super Bowl LIX Highlights**
1.20 **LIVE NFL Kansas City Chiefs v Chicago Bears.** From Arrowhead Stadium. Kick-off **1.20am**.
4.30 **NFL Highlights**
5.00 **Super Bowl LIX Highlights**
5.15 **NFL Bitesize Highlights**
5.30 **Super Bowl LIX Highlights**
5.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA Tennis** Coverage of day four of the WTA Monterrey Open at Club Sonoma in Mexico.
6.30 **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **Fantasy Football Countdown**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
2.00 **LIVE LPGA Tour Golf** Day two of the CPKC Women's Open at Mississaugua Golf and Country Club in Ontario, Canada.
5.00 **Premier League Friday**
7.00 **The Transfer Show**
7.30 **LIVE Super League St Helens v Hull FC.** Coverage from Totally Wicked Stadium. Kick-off **8.00pm**.
10.15 **EFL Greatest Games**
10.30 **LIVE WTA & ATP Tennis** The WTA and/or ATP Tours, including the WTA Monterrey Open, WTA Cleveland Open, and ATP Winston-Salem Open.
2.30 AM **LIVE WTA Tennis** Coverage of day five of the WTA Monterrey Open at Club Sonoma in Mexico, featuring the semi-finals.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Tennis** The 2024 US Open.
8.00 **Rugby Greatest Games**
8.05 **LIVE NPC Rugby Hawke's Bay v Canterbury** Coverage from the fourth round of fixtures at McLean Park. Kick-off **8.05am**.
10.00 **Women's State of Origin**
10.30 **The Hundred Bitesize**
11.00 **PGA Tour Champions**
12.00 NOON **Tennis** From 2024.
2.00 PM **PL Greatest Games**
3.00 **ATP & WTA Tennis**
5.00 **LIVE US Open 9-Ball Pool** Coverage of the opening session of the last-16 round in New Jersey.
10.00 **The Hundred Bitesize**
10.30 **PGA Tour Champions**
11.30 **One Championship Weekly**
12.00 M'T **LIVE US Open 9-Ball Pool** The second session of the last-16 round in New Jersey.
4.30 AM **PGA Tour Champions**
5.30 **to 6.00** AM **The Hundred Bitesize**

TNT Sports 3

413 415 523 410 432

6.00 AM **TNT Sports Reload**
6.30 **Cycling** The Renewi Tour.
7.30 **Men's Cycling Pro Series**
8.30 **AFL** Essendon v Carlton.
10.00 **LIVE AFL** Coverage of an Australian Rules Football match.
1.00 PM **Men's Cycling Pro Series**
2.00 **LIVE Men's Cycling Pro Series** Coverage of stage two of the Tour of Germany, which consists of a 189km route from Herford to Arnsberg.
4.00 **UEFA Champions League**
10.00 **Men's Cycling World Tour**
11.00 **Men's Cycling Pro Series**
12.00 M'T **eSports Show**
12.30 AM **Discovery Golf**
1.00 **Fishing: On the Bank**
2.00 **Premier League Preview**
2.30 **AFL** Essendon v Carlton.
4.00 **to 6.00** AM **LIVE AFLW Collingwood Women v GWS Giants Women.** Coverage from Victoria Park. Bounce-up **4.05am**.

TNT Sports 4

414 416 524 411 434

6.00 AM **Discovery Golf**
6.30 **eSports Show**
7.00 **European Rally Championship**
7.30 **Onboard** The Ocean Race.
8.00 **Saudi Masters Snooker**
9.00 **Ultimate Pool**
10.30 **Discovery Golf**
11.00 **LIVE AFL** An AFL match.
2.00 PM **MLB** Action from MLB.
4.00 **Fishing: On the Bank**
5.00 **Saudi Masters Snooker**
6.00 **Ultimate Pool**
7.30 **European Rally Championship**
8.00 **UIM F1H2O World Championship Highlights**
8.30 **eSports Show**
9.00 **Discovery Golf**
9.30 **MLB** Action from MLB.
11.00 **TNT Sports Reload**
11.30 **Saudi Masters Snooker**
12.30 AM **Ultimate Pool**
2.00 **Onboard** The Ocean Race.
2.30 **SailGP Highlights**
3.30 **Men's Cycling World Tour**
4.30 **to 6.00** AM **Cycling Pro Series**

Premier Sports 1

419 551

6.00 AM **Rally Championship**
6.30 **MotorSport** Valentino Rossi.
7.00 **FIM Sidecarcross**
8.00 **Transworld Sport** Magazine.
9.00 **DTM Highlights**
10.00 **World Surf League**
11.00 **NASCAR Highlights**
12.00 NOON **Top 14 Rugby Union**
1.00 PM **British Minibikes**
3.00 **MotorSport**
4.00 **World Surf League**
5.00 **LaLiga Highlights**
6.00 **World of FreeSports**
6.30 **NASCAR Highlights**
7.25 **LaLiga** Football action.
8.25 **LIVE LaLiga Real Betis v Alavés.** Kick-off **8.30pm**.
10.30 **Coppa Italia Show** Highlights.
11.00 **Sporting Greats**
11.30 **World of FreeSports**
12.00 M'T **MotorSport**
1.00 AM **LaLiga Specials**
2.00 **World Surf League**
3.00 **NASCAR Highlights**
4.00 **to 6.00** AM **Rugby Union**

Premier Sports 2

420 552

6.00 AM **LaLiga Specials**
7.00 **International Rugby Union** Action from Fiji v Scotland.
9.00 **Temples of Sport**
10.00 **LaLiga** Action from Espanyol v Atlético Madrid. **12.00** NOON Action from Real Madrid v Osasuna.
2.00 PM **Temples of Sport**
2.30 **Bike World** Magazine looking at the latest action.
3.00 **Football's Greatest** The finest players discuss their careers.
3.30 **Premier Sports Cup** Action from a second-round match.
5.30 **Coppa Italia** AC Milan v Bari.
7.30 **Football's Greatest**
8.00 **Premier Sports Cup** Action from a second-round match.
10.00 **Top 14 Rugby Union Highlights** The 2024/25 season.
11.00 **LaLiga** Real Betis v Alavés.
1.00 AM **LaLiga Specials**
1.30 **Premier Sports Cup**
5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Hungarian Grand Prix races from 2019 to 2024.
12.00 NOON **Brad Pitt Drives a McLaren F1 Car**
12.15 PM **Carlos Sainz & The Lie Detector**
12.30 **Formula 1** Recent action.
7.00 **Lewis Hamilton: Why Heritage Matters**
7.30 **Formula 1** Action from this year's Hungarian Grand Prix. **8.30** Highlights of the Hungarian Grand Prix from 2024 to 2021.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

Kung Fu Panda

All day Friday, Sky Cinema Animation

If you're planning family film night on Friday, Sky Cinema has you covered - and not just for the evening, but the whole day! From 7am on Friday, tune into Sky Cinema Animation and you can watch all four *Kung Fu Panda* movies back to back - including 2024's *Kung Fu Panda 4*, in which Po (voiced by Jack Black) sets out to find and train the next Dragon Warrior.

All you need to do is sort out your Po-themed snacks - popcorn, almond cookies, maybe some noodle soup? - sit back, and enjoy!

BBC iPLAYER CBeebies Bedtime Story

Thursday, 6.50pm, CBeebies & BBC iPlayer

The Women's Rugby World Cup is kicking off on Friday with England's opening game against the USA at Sunderland's Stadium of Light (BBC1, k-o 7.30pm). Ahead of that, Red Rose Abbie Ward (mum to toddler Hallie) will be reading *Why Is Mummy So Muddy?* by Sally Myles, a story that celebrates the sport of women's rugby, and the women who compete in it.

More great shows to watch this week...

Aneeshwar's Outdoor Adventures

Sat & Sun, 8.30am, Milkshake! on 5

Conservationist Aneeshwar Kunchala shows this week's recruits how to recycle and reuse waste wood, and create a bee habitat.

The Strange Chores

Weekdays, 8.25am, CBBC

Animated series about two teenage wannabe warrior heroes, Charlie and Pierce who, along with spirited ghost girl Que, take on supernatural chores for their strange neighbour so they can become his apprentices.

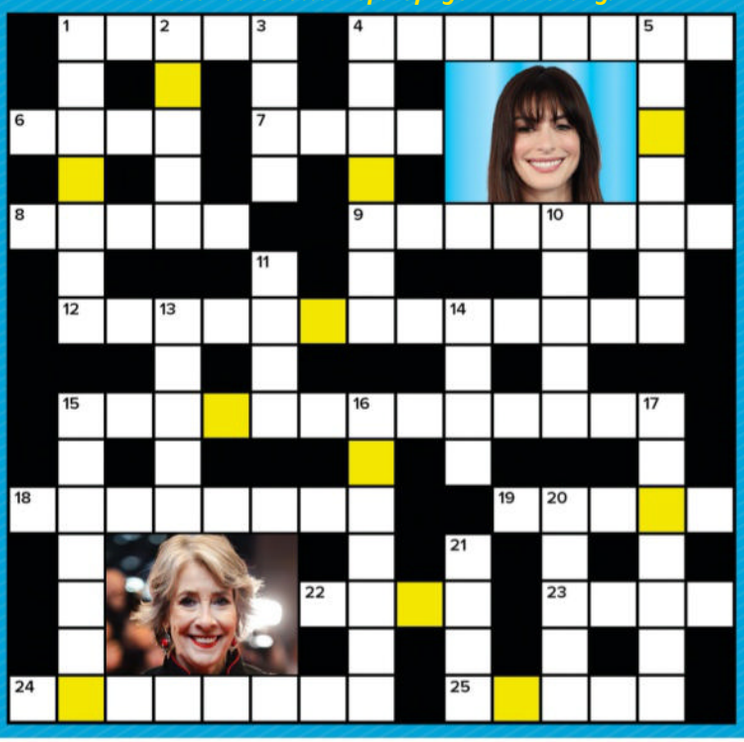
Bluey

Available now, Disney+

It looks as though the Aussie animated series is on track to be the most streamed show of the year for the second year running. Seasons 1-3 are available on Disney+ now.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a British actor (4,7). Answers at the bottom of the page – no cheating!



ACROSS

1 See picture clue: Phyllis -----, played Lady Jane Felsham in *Lovejoy* (5)
4 -------- Stanley, starred as Walford's Karen Taylor (8)
6 Kate ----, former BBC TV news reporter (4)
7 Ted Danson sitcom, *The ---- Place* (4)
8 Jo -----, comedian and *The Great British Bake Off: An Extra Slice* host (5)
9 Lady Gaga single from her *Artpop* album (8)
12 Starred as Robb Stark in *Game of Thrones* (7,6)
15 Cillian Murphy and Sophie Rundle period drama (5,8)
18 Madonna single on the soundtrack for 1994 film *With Honors, I'll* -------- (8)
19 ----- Franks, actor who played Rainie Highway in *EastEnders* (5)
22 2018 Bradley Cooper film, *A ---- Is Born* (4)
23 John ----, late *Inspector Morse* star (4)
24 -------- Huston, Morticia in 1993 movie *Addams Family Values* (8)
25 ----- O'Hanlon, actor who starred in *Father Ted* (5)

DOWN

1 Helen -------, starred as Catriona in BBC sitcom *Absolutely Fabulous* (7)
2 Professor -----, stage name of rapper Stephen Manderson (5)
3 BBC TV news presenter, ---- Munchetty (4)
4 Husband of Penny in *The Big Bang Theory* (7)
5 David -------, plays Corrie's Roy Cropper (7)
10 Starred in 1993 romantic comedy *Groundhog Day*, ----- MacDowell (5)
11 ---- Lineker, former presenter of *Match of the Day* (4)
13 ITV quiz show with Bradley Walsh, *The* ----- (5)
14 See picture clue: Star of 2013 film *Les Misérables*, ---- Hathaway (4)
15 Actor in 1997 film *Jerry Maguire*, Kelly ------- (7)
16 ------- Swit, played Margaret 'Hot Lips' Houlihan in US TV comedy *M*A*S*H* (7)
17 2012 Bond movie with a theme song by Adele (7)
20 Michael -----, director of 2001 film *Enigma* (5)
21 *Game of Thrones* role of actor Maisie Williams, ---- (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: SKY CINEMA, BBC, DISNEY+, GETTY

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CROSSWORD SOLUTION

ANSWER: Rory Kinnear **ACROSS:** 1 Logan 4 Lorraine 6 Adie 7 Good 8 Brand 9 Applause 12 Richard Madden 15 Peaky Blinders 18 Remember 19 Tanya 22 Star 23 Thaw 24 Anjelica 25 Ardal
DOWN: 1 Lederer 2 Green 3 Naga 4 Leonard 5 Nelson 10 Andie 11 Gary 13 Chase 14 Anne 15 Preston 16 Loretta 17 Skyfall 20 Apted 21 Arya

Coming soon

Keira Knightley and Guy Pearce

FIRST LOOK

The Woman in Cabin 10

Keira Knightley stars in a fraught thriller set on a luxury yacht

Murder and mayhem on the high seas await in Netflix's star-studded one-off drama *The Woman in Cabin 10*.

The film, adapted from Ruth Ware's bestselling 2016 novel, is available from 10 October and sees Keira Knightley play journalist Lo, who takes a sumptuous voyage on a swanky yacht in preparation for writing a travel feature.

She soon becomes convinced that she has seen a fellow passenger being thrown overboard during the night. However, with no one seeming to be missing, she is not believed, so she embarks on a dogged but dangerous mission to uncover the truth…

STAR-STUDDED CAST

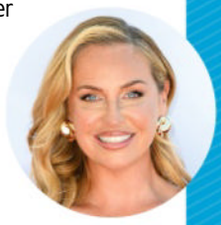
Guy Pearce co-stars as wealthy Richard Bullmer, who owns the yacht, while David Ajala is Lo's fellow journalist Ben, and Hannah Waddingham, David Morrissey, Art Malik, Gugu Mbatha-Raw, Kaya Scodelario and Daniel Ings also appear, along with Christopher Rygh, Gitte Witt, Lisa Loven Kongsli, John Macmillan, Paul Kaye, Pippa Bennett-Warner and Ayọ Owóyẹmi-Peters.

'It's truly amazing seeing so many people working so hard on something that you created,' explains Ware. 'The fear of not being believed is perennial, unfortunately. *Cabin 10*, at its heart, is about a woman who experiences something wrong, reports it truthfully, and isn't taken seriously because of who she is. Too many people know what that feels like and I think we want vindication for ourselves as much as Lo.'

WHAT'S NEXT FOR…

Josie Gibson

ITV1's seven-part show **Josie Gibson's Big Country Build** will follow the presenter as she carries out renovation work to transform her run-down Somerset home and embrace sustainable living.

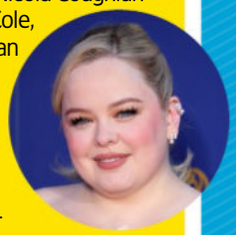


Si King

The Hairy Biker will present More4's four-part series **Top of the Stops** later this year, in which he visits a variety of railway stations to celebrate their architecture and history and meet those who work there.

Coming Back

C4's female-focused drama **I Am…** is returning with a two-parter, **I Am Helen**, starring Nicola Coughlan (inset) and Joe Cole, in which Coughlan will collaborate on the as-yet-undisclosed plot with writer and director Dominic Savage.



A second run of 5's period drama **The Hardacres**, featuring Liam McMahon, Claire Cooper and Julie Graham as members of a working-class Victorian family who become wealthy landowners, will see them make big new plans.

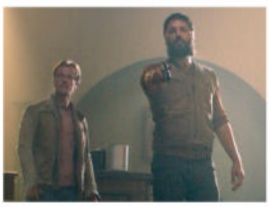
Next week On sale Tuesday 19 August

KPOPPED

Apple TV+'s song battle sees K-pop artists collaborate with the likes of Mel B and Emma Bunton.

US Open

Can Wimbledon champion Jannik Sinner defend his title in New York on Sky Sports.



Atomic

Alfie Allen and Shazad Latif star in Sky Atlantic's thriller about a plot to traffic uranium.

Dark Hearts

The second run of BBC4's French drama finds the commando unit facing further threats.

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